

ARE YOU

# AT RISK

FOR OBSTRUCTIVE SLEEP APNEA?

## OBSTRUCTIVE SLEEP APNEA (OSA)

is a condition that leads to trouble breathing during sleep. OSA is dangerous. It is important to treat OSA if you have it.

If you have a disruption in your breathing that lasts 10 seconds or more, it can be stressful to your brain and heart.

People who have blockage in their breathing more than 15 times per hour of sleep are at a higher risk of:

- Heart attacks
- Heart failure
- Heart rhythm problems
- Strokes
- Sleepiness that can lead to car crashes

## REAL STORIES FROM REAL PEOPLE

“

I was worried if I would be able to sleep on the night of the sleep test. I was pleasantly surprised.

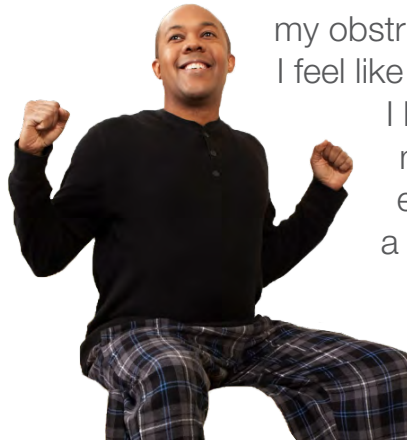
**PATRICIA J**



“

Since starting treatment for my obstructive sleep apnea, I feel like a new person. I have energy for my family in the evenings, even after a full day at work.

**ADAM Q**



“

I'm so glad my doctor asked me about snoring. I was too embarrassed to bring it up myself.

**JOAN M**



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# DO YOU HAVE \_\_\_\_\_ **SYMPTOMS** \_\_\_\_\_ **OF OSA?**

## **DO YOU \_\_\_\_\_?**

- Snore
- Stop breathing while sleeping

## **HAS YOUR SLEEPINESS EVER \_\_\_\_\_?**

- Resulted in a car crash
- Led to a near-miss while driving

## **AT NIGHT, DO YOU:**

- Wake up gasping or choking?
- Have frequent awakenings?
- Wake up to go to the bathroom?

## **DURING THE DAY, DO YOU:**

- Feel sleepy or “doze off” without meaning to?
- Have headaches in the morning?
- Have difficulty with memory or concentrating?

## **AT RISK CHECKLIST** *(Check all that apply)*

- Overweight or obese  
(Body mass index (BMI) > 30)
- High blood pressure
- Neck size > 17 inches for men
- Neck size > 16 inches for women
- Coronary artery disease or heart attack
- Atrial fibrillation or other heart rhythm problems
- Congestive heart failure
- Type 2 diabetes
- Stroke
- Sleepy during the day

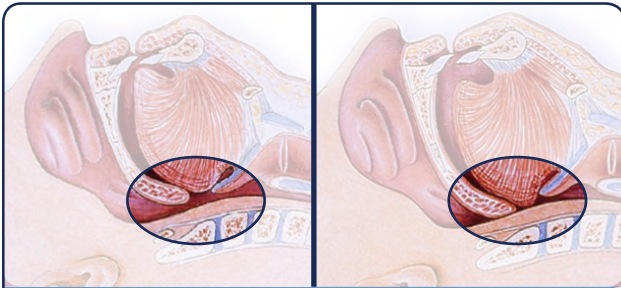


**IF YOU CHECKED SOME OF THESE BOXES, ASK YOUR DOCTOR IF YOU SHOULD BE EVALUATED FOR SLEEP APNEA OR ANOTHER SLEEP DISORDER.**

## NEXT STEPS:

# LEARN MORE

## ABOUT OSA



WAKEFULNESS

SLEEP



Obstructive sleep apnea is a common, but **SERIOUS MEDICAL CONDITION** that increases your risk of heart attack, stroke, and high blood pressure.



The lack of oxygen and frequent nighttime awakenings can have **NEGATIVE CONSEQUENCES** for your health.



It is caused by the collapse of the airway in the back of the nose, mouth and throat during sleep. When this happens, you may **SNORE LOUDLY** or make choking noises as you try to breathe.



Because you are waking up so much throughout the night, you may feel **TIRED**, even though you have had a full night of sleep. During the day, you may feel **FATIGUED**, have **DIFFICULTY CONCENTRATING** or you may even unintentionally **FALL ASLEEP**.



Air cannot get to your lungs; your brain and body become oxygen deprived which may cause you to **WAKE UP**. This may happen hundreds of times in one night, but typically these events are not remembered in the morning.



**MORE INFORMATION** on obstructive sleep apnea and locations of accredited sleep centers near you can be found at [www.projecthealthysleep.org](http://www.projecthealthysleep.org).



**IF YOU THINK YOU MAY BE AT RISK FOR OSA, SPEAK WITH YOUR PRIMARY CARE PROVIDER OR SEEK OUT A BOARD-CERTIFIED SLEEP MEDICINE PHYSICIAN.**

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IS A

# SLEEP STUDY

RIGHT FOR YOU?

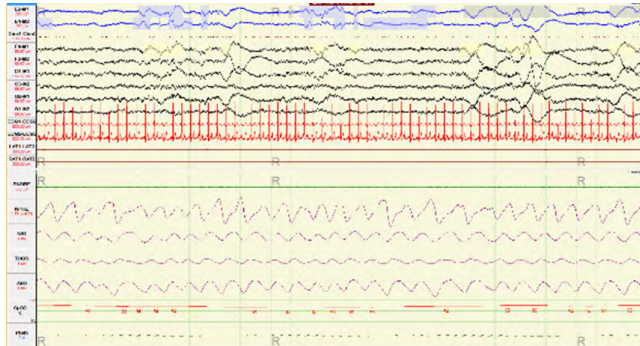
IT IS IMPOSSIBLE TO DIAGNOSE OBSTRUCTIVE SLEEP APNEA JUST BY LOOKING AT SOMEONE.

Some people are not aware of their snoring or breathing problems because they are asleep when the problems happen.

A sleep study is a test to figure out if you have obstructive sleep apnea. There are different types of sleep studies.

It's also important to remember that children and young adults, even those who are physically fit, may also have obstructive sleep apnea.

During these tests, sensors monitor your breathing and oxygen levels. Ask your doctor if a sleep study is appropriate for you.



## TO DO LIST

- Make a list of my symptoms
- Call my doctor to make an appointment
- Find an accredited sleep center at [www.projecthealthysleep.org](http://www.projecthealthysleep.org)
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