

Do You Have Obstructive Sleep Apnea (OSA)?



What is OSA?

OSA is a common sleep disorder where the airway becomes partially or completely blocked during sleep. This causes breathing to stop or become very shallow, leading to poor sleep and drops in oxygen levels.¹

Did you know?

~24 million or 15%

of adult Americans are estimated to have moderate-to-severe OSA.^{2,a}

Up to 90%

of these people are undiagnosed.^{2,3}



Who is at Higher Risk for OSA?



Men are **2-3x more likely** than women to have OSA.^{2-4,b}



Risk increases with age.⁴

People with certain conditions make them more likely to develop OSA:



Obesity¹



Type 2 diabetes⁵



High blood pressure⁵



Stroke⁵



Heart failure⁵

Untreated OSA can lead to weight gain and worsen health problems such as type 2 diabetes, high blood pressure, and complications from heart disease.⁴

Your primary care doctor can help assess your risk for OSA.^{1,5}

A simple review of your symptoms may help you and your doctor decide if a sleep test could be helpful.

What Are the Symptoms of OSA?

Daytime sleepiness^{4,6}

Unrefreshing sleep⁴

Snoring^{4,6}

Gasping or choking during sleep^{4,6}

Breathing pauses during sleep^{4,6}

Morning headaches^{4,6,7}

Brain fog⁸

Insomnia⁷

Depression⁷

Fatigue⁷

Symptoms are more likely to be reported by women.⁷



Talk to your doctor today to learn more about OSA!

^aEstimate based on adults aged 30-69 years.

^bPremenopausal women.

1. Chang JL, et al. *Int Forum Allergy Rhinol.* 2023;13(7):1061-1482. 2. Benjafield AV, et al. *Lancet Respir Med.* 2019;7(8):687-698. 3. Finkel KJ, et al. *Sleep Med.* 2009;10(7):753-758. 4. Gottlieb DJ, Punjabi NM. *JAMA.* 2020;323(14):1389-1400. 5. Arredondo E, et al. *Cureus.* 2021;13(9):e17843. 6. Yeghiazarians Y, et al. *Circulation.* 2021;144(3):e56-e67. 7. Saaresranta T, et al. *ERJ Open Res.* 2015;1(2):00063-2015. 8. Meyer EJ, Wittert GA. *J Clin Endocrinol Metab.* 2024;109(3):e1267-e1279.