# Do You Have Obstructive Sleep Apnea (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]

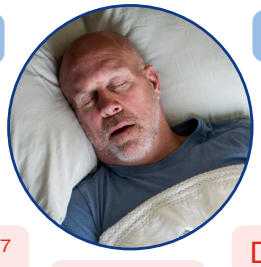
People with certain conditions make them more likely to develop OSA:

- Obesity[1]
- Type 2 diabetes[5]
- High blood pressure[5]
- Stroke[5]
- Heart failure[5]

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 sleep[4]
- Snoring[4,6]
- Gasping or choking during sleep[4,6]
- Breathing pauses during sleep[4,6]
- Morning headaches[4,6,7]
- Brain fog[8]
- Insomnia[7]
- Depression[7]
- Fatigue[7]

**Symptoms are more likely to be reported by women.[7]**

**Talk to your doctor today to learn more about OSA!**

[a]Estimate based on adults aged 30-69 years.
[b]Premenopausal 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.

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