

# Sleep Apnea Hurts HEARTS



Obstructive sleep apnea (OSA) is a chronic disease that involves the repeated collapse of the upper airway during sleep. Sleep apnea puts an enormous strain on your heart, repeatedly causing oxygen levels to drop and blood pressure to surge as you sleep.

Untreated, severe sleep apnea increases your risk of developing heart problems.



30 Million  
People in the U.S. who have sleep apnea



Higher Risk of dying from heart disease

## SLEEP APNEA HURTS



By increasing the risk of:

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Heart failure  
Elevated blood pressure  
Atrial fibrillation  
Resistant hypertension  
Type 2 diabetes  
Stroke

## SEVERE DAMAGE

58%

Increased risk of developing heart failure in middle-aged men with severe sleep apnea

30-40%

People with high blood pressure who have obstructive sleep apnea

2-4X

Higher risk of Afib in people who have sleep apnea

85%

People with treatment-resistant hypertension who also have sleep apnea



Sleep apnea afflicts about 7 in 10 people who have Type 2 diabetes.

2X

Increased risk of having a stroke in people with severe, untreated sleep apnea

The effective treatment of sleep apnea is good for your sleep and your heart! It improves your overall health and lowers your risk of heart problems.

## DAMAGE CONTROL

### Treating sleep apnea with CPAP therapy:

-  Restores healthy sleep
-  Increases physical energy
-  Enhances daytime alertness
-  Improves mood
-  Reduces the risk of heart damage

Talk to your doctor about your risk for sleep apnea. Your doctor may refer you to a board-certified sleep medicine physician at an accredited sleep center for help.



### Warning Signs

Common warning signs for sleep apnea include:

- Snoring
- Silent breathing pauses
- Gaspings or choking
- Daytime sleepiness or fatigue



### Risk Factors

Factors that increase your risk of having sleep apnea include:

- Obesity (BMI of 30+)
- Narrow airway
- Large neck, tongue or tonsils
- Recessed jaw

Visit [projectthehealthysleep.org](http://projectthehealthysleep.org) to learn how you can guard your heart and avoid being #SnoredToDeath.

Sources:

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