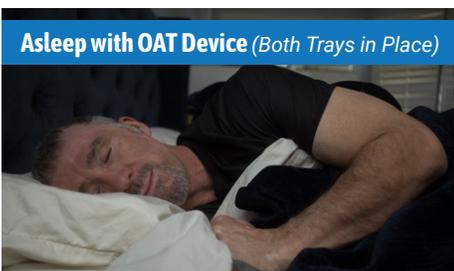




GET COMFORTABLE WITH THE NEW CPAP

New technology makes getting a good night's sleep easy.



An uninterrupted night's sleep — for those with obstructive sleep apnea (OSA), that may seem out of reach. But if you've thought that dealing with sleep apnea was too hard, think again. Sleep plays such a crucial role in all aspects of your health that having the courage to deal with your sleep apnea now can have you feeling and functioning better almost immediately.

What is OSA?

What physically happens to someone dealing with OSA? During sleep, the soft tissue in the back of the throat collapses and partially or completely closes their airway. This can cause breathing to stop from 10 to 120 seconds at a time — this can occur dozens of times per hour and hundreds of times per night.

Obstructive sleep apnea is a sleep disorder that affects 25 to 28 million Americans, and about 80 percent need treatment but haven't gotten help yet. Help is on the way however because new breakthroughs in treatment are now available for those with OSA.

Not Your Father's CPAP

There are several options for treating OSA, and the most well-known of these is a CPAP. A CPAP, or **Continuous Positive Airway Pressure** machine, ensures the airway stays open while sleeping.

If you have heard of these devices before, you've probably shied away from treating your sleep apnea because CPAPs used to be cumbersome, awkward and loud. Sleep partners were disturbed by not only snoring, but the loud sound of older types of CPAPs. Well, CPAP has changed and today they are smaller, more portable, and virtually silent. Digital technology has made CPAP less disruptive and much easier to use, while new mask designs and nasal pillow options make treatment more comfortable, without claustrophobic feelings. In fact, you hardly know you are wearing some of the new nasal products. The advances in CPAP provide a more restful night's sleep for both you and your bed partner.

Another treatment option is the Auto-CPAP, also called **Automatic Positive Airway Pressure** (APAP), which varies the air pressure throughout the night in response to the individual's breathing resistance. Automatic adjustments ramp up from a lower starting pressure, which makes CPAP more comfortable and much easier to tolerate, particularly when people are starting treatment.

Oral Appliances

Other options are **Oral Appliance Therapy** (OAT) devices that reposition the jaw with a custom-fitted mouthpiece. This holds the lower jaw in a forward position during sleep to keep the upper airway open, preventing apneas and reducing snoring.

The Dangers of Sleep Apnea

Sleep apnea can lead to many physical problems. The periods when you stop breathing also cause dips in blood-oxygen levels, which can release stress hormones, affecting blood pressure and heart rate.

The lack of quality sleep has been linked to:

- Excessive daytime sleepiness
- Headaches
- Mood and behavior problems
- Trouble concentrating
- Memory issues

OSA can also impact your ability to drive safely, putting yourself, your friends and family, and anyone on the road in danger. People with untreated OSA are 7 times more likely to have a serious or fatal accident.

Untreated OSA may cause or worsen other diseases, such as hypertension, diabetes, depression, congestive heart failure, erectile dysfunction, stroke, Alzheimer's disease, and certain cancers. Those with untreated OSA are more at risk in many ways:

- Four times more likely to have a stroke than someone without OSA.
- Three times more likely to have heart disease.
- About half of all sleep apnea sufferers will receive a diagnosis of hypertension.
- People with less than 6 hours of sleep are 7.5 times more likely to have a higher body mass index by their late 20s.
- Middle-aged and older people with 5 hours of sleep or less are 2.5 times more likely to have diabetes, compared with those who slept 7 to 8 hours per night.
- Five hours of sleep or less was associated with a 45% increase in risk for heart attack.
- Sleeping 5 hours or less increased mortality risk, from all causes, by roughly 15%.

Sources: *National Center for Biotechnology Information and Sleep Disorders Guide.*

Get Tested

Not only is OSA easier than ever to treat, it is easier than ever to diagnose. In fact, about 80% of cases can be diagnosed using a home sleep test. Many major insurance companies even encourage home sleep testing as a first step in sleep disorder diagnosis. Check with your insurance provider to see if home sleep testing is covered under your plan.



Try Drowzle

Drowzle is an easy-to-use software program, conveniently deployed via your phone, that quickly assesses your risk for sleep breathing disorders, including OSA. Drowzle enables you to check the health of your sleep breathing and determine if you are at risk for OSA.

Learn More

Contact your Corporate Wellness or HR department to learn more information on how to download Drowzle at GetDrowzle.com.

WORRIED YOU MAY HAVE SLEEP APNEA?

- 01 *Have you been told you stop breathing during sleep?*
- 02 *Do you wake up gasping or choking?*
- 03 *Have you been told you snore frequently and loud enough to be heard in another room?*
- 04 *Are you tired during the day, even after a full night's sleep?*
- 05 *Do you have little or no energy?*
- 06 *Are you frequently waking up with a headache?*
- 07 *Do you wake up frequently to go to the bathroom?*
- 08 *Can you nap anytime and anywhere?*
- 09 *Do you have difficulty concentrating at work or trouble remembering?*

If you answered yes to the questions above, **Drowzle** can help you determine if you need treatment for OSA.

Of course, once OSA is treated, you will sleep better. With better rest, comes a better appearance. So, if feeling better isn't enough incentive, consider how much better you will look when you begin treating your sleep apnea.