



YOUR BRAIN WORKS FASTER WITH A FULL NIGHT'S SLEEP

Smart Moves for Sleep Apnea Improvement

Ever wondered if you may have obstructive sleep apnea (OSA)? Does your brain seem sluggish or you have difficulty concentrating at work? Do you feel excessively sleepy during the day? Does your bed partner complain of your loud, frequent snoring or worry that your breathing stops during sleep?

Here's Why It's Worth It to Take Care of OSA Now:

You'll feel better almost immediately and will improve your concentration, memory, mood, reaction time, energy and performance. Dealing with it sooner, rather than later, is important to your current and long-term health and overall well-being.

It Could Be You

You could be one of 25 to 28 million Americans affected by sleep apnea. Like most people, you don't notice it when you are asleep, unless your partner tells you. Perhaps you suspect it's the reason for your sluggish performance, daytime sleepiness, and feeling tired all the time.

You Are Not Alone!

About 80 percent of the adults with OSA need treatment but haven't gotten help yet. Treatments like CPAP are smaller, quieter, and more comfortable than ever, while new oral appliances are nearly invisible. Don't put off assessing your risk any longer, because treatment will help you sleep more restfully, feel better almost immediately, and even look better as a result.

What Exactly is Obstructive Sleep Apnea and Why is It Dangerous?

During sleep, the soft tissue in the back of the throat collapses and partially or completely closes the airway, temporarily shutting off the flow of oxygen. Breathing can stop from 10 to 120 seconds at a time and this can occur dozens of times per hour and hundreds of times per night. When you are struggling to breathe and the oxygen in your blood drops, your body reacts by dumping stress hormones into your system, which cause your heart to beat more rapidly, your blood pressure to increase, and your blood to increase its clotting tendencies. You wake up feeling like you have run a marathon in your sleep!

Untreated OSA may cause or worsen other diseases, such as hypertension, diabetes, depression, congestive heart failure, erectile dysfunction, stroke, and Alzheimer's disease. Some studies have also found that untreated sleep apnea may increase the risk for certain cancers. Daytime sleepiness slows your reaction time, as if you had been drinking alcohol, and affects your ability to drive safely.

DROWZLE is the easiest and most efficient way to detect who is at risk for obstructive sleep apnea and who may benefit from diagnosis and treatment. Sleep plays such a crucial role in all aspects of your health, having the courage to deal with your sleep apnea now will have you feeling and functioning better almost immediately. [Learn more at GetDROWZLE.com.](https://www.getdrowzle.com)



HOW OSA TREATMENT WILL IMPROVE YOUR LIFE

- 01 You will feel better when you're treated.
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- 03 You will feel better when you're treated.
- 04 You will live healthier.
- 05 You will probably live longer.
- 06 Your bed partner will very likely be happier.
- 07 Your sex life will benefit from treatment.
- 08 Everyone else will be safer, because you will be less likely to cause an accident.
- 09 While OSA treatments involve some effort, they are not painful and those who use them adjust well.
- 10 You will feel better when you're treated!



You will feel better almost immediately



25 to 28 million Americans are affected by OSA



80% diagnosed with OSA have not received treatment



Breathing can stop 10-120 seconds hundreds of times per night

