



DON'T LET SLEEP APNEA SLOW YOU DOWN

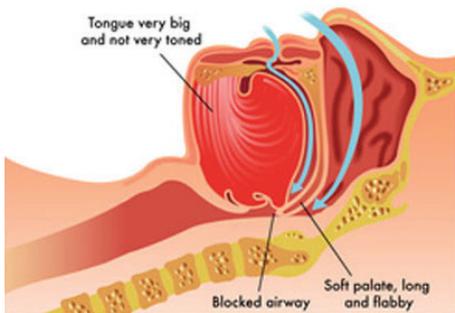
TREATMENT SUCCESS STORIES



Truck drivers diagnosed with severe OSA who received treatment with CPAP reported:

- Increased amounts of sleep (84 %)
- Feeling better when they wake up (71 %)
- Lower blood pressure (75 %)
- Losing weight (50 %)

Source: American Transportation Research Institute



Obstructive sleep apnea

Source: Sleep Apnea Guide

OSA: Put Yourself in the Driver's Seat

Truck drivers are the backbone of the American economy. With more than 70 percent of all freight tonnage in the United States moved by trucks, truck drivers are the “unsung heroes” of nearly every industry in our country.

Every day, you put in long hours, in all kinds of weather and under tight deadlines to ensure the work gets done and your cargo is delivered. Alone on the road, you must stay alert at high speeds and over long distances.

But the same work ethic that drives you daily can take a toll on your health.

Your health affects your earning potential and your quality of life. It also ultimately affects your safety and that of the driving public. That's something we all care about.

The very nature of the work puts truck drivers at greater risk for conditions such as obesity, high blood pressure, diabetes, heart disease, and as they age, dementia or Alzheimer's disease. The prevalence of obstructive sleep apnea (OSA) among drivers is higher than in the general public, and the physiological and mental stress that result from repeated interruptions in breathing during sleep can cause or worsen these other diseases.

How OSA Affects Health

Obstructive sleep apnea is a sleep disorder that affects 25 million to 28 million Americans. In individuals who have OSA, the soft tissue in the back of the throat collapses, partially or completely closing the airway while asleep. This can cause breathing to stop from 10 to 120 seconds at a time, dozens of times per hour

and up to hundreds of times per night. When breathing stops repeatedly, blood oxygen levels drop, releasing stress hormones that affect blood pressure, heart rate, and blood clotting factors, and can also increase the appetite.

Poor sleep quality that occurs with OSA can also greatly affect daytime performance. OSA is associated with poor decision making, slower reaction time, blurry vision, inability to concentrate or focus, and decreased daytime alertness.

People who have untreated OSA are four times more likely to have a stroke and three times more likely to have heart disease than those without OSA. They are seven times more likely to cause a serious or fatal vehicle accident. Studies have shown that untreated OSA also elevates the risk for hypertension, depression, erectile dysfunction, Alzheimer's disease, and can increase the risk for cancerous tumors.

And it's expensive. On average, untreated OSA costs people twice as much in terms of doctors, drugs, and hospital costs every year than people whose OSA is treated, or people without OSA.

Take Charge of Your Health

OSA has gotten the attention of the trucking industry in recent years, but understandably, drivers may be reluctant to seek testing or

treatment. The worry that a diagnosis of OSA will cost them their CDL or their ability to find work is a heavy one on American truck drivers.

Federal Motor Carrier Safety Administration (FMCSA) regulations do say that drivers "with a medical history or clinical diagnosis of any condition likely to interfere with their ability to drive safely cannot be medically qualified to operate a commercial motor vehicle (CMV) in interstate commerce." This can include OSA.

However, FMCSA regulations also say that "once successfully treated, a driver may regain their 'medically-qualified-to-drive' status."

OSA can be effectively and successfully treated. Treatment options have greatly improved in recent years and advances in technology have resulted in much better comfort and ease-of-use.

Plus, when you are treated for OSA, you feel better, think better, and perform better almost immediately!

Options for treating CPAP include:

Continuous Positive Airway Pressure (CPAP).

A CPAP machine keeps the airway open while the user is sleeping. These machines used



GET TESTED: Not only is OSA easier to treat than ever, it is also easier to diagnose. In fact, about 80 percent of cases can be diagnosed using a home sleep test. Most insurance companies now cover home sleep tests, which are a convenient alternative to in-lab sleep studies. Check with your insurance provider to see if home sleep testing is covered under your plan.



DROWZLE is an easy-to-use software program, conveniently deployed through a smartphone, which quickly assesses an individual's risk for sleep breathing disorders, including OSA. DROWZLE enables drivers to check their sleep breathing and determine if they are at risk for OSA.

LEARN MORE: Contact your HR department to learn how to download DROWZLE at GetDrowzle.com.

to be cumbersome and loud, but new digital technology has resulted in smaller, more portable, virtually silent machines that are much easier to use. New nasal pillow options also make treatment more comfortable, without the claustrophobic feeling of some masks.



Auto-CPAP, also called Automatic Positive Airway Pressure (APAP).

An APAP device automatically 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 easier to tolerate, particularly when people are starting treatment.

Oral Appliance Therapy (OAT).

OAT devices reposition the jaw or tongue with a custom-fitted mouthpiece. This holds the lower jaw in a forward position during sleep to expand the space behind the tongue, keeping the upper airway open to prevent apneas and snoring. OAT devices are available through many dentists.



OSA RISK FACTORS

Major risk factors include:

- Loud, frequent snoring
- Observed breath gaps during sleep
- Tired or sleepy during the day
- High blood pressure
- Obesity
- Age over 50
- Neck size larger than 17 (men) or 16 (women)
- Male gender

Some risk factors for OSA may be hereditary, including a family history of OSA. Others have to do with physical characteristics, including having a small upper airway, or a recessed chin, small jaw or large overbite.

Smoking and alcohol use, which can be associated with the stress and demands of the driver's work, can make sleep breathing issues worse.

KNOW THESE SYMPTOMS OF OSA

- Loud snoring
- Choking or gasping while sleeping
- Morning headaches and nausea
- Excessive daytime sleepiness
- Irritability or feelings of depression
- Disturbed sleep
- Concentration and memory problems
- Frequent night-time urination
- Loss of sex drive, impotence or both

Source: FMCSA

There are 3.5 million commercial truck drivers in the United States. Nearly 30 percent of them have obstructive sleep apnea.