



OBSTRUCTIVE SLEEP APNEA AFFECTS YOUR ENTIRE BODY



DEPRESSION & ANXIETY

People with OSA are more likely to experience mood disorders, like depression.



MEMORY LOSS AND DEMENTIA

Sleep helps to consolidate memories. Lack of sleep, caused by sleep apnea, can cause memory decline and lead to dementia.



LOSS OF VISION

Complications from OSA can lead to vision loss through retinopathy or glaucoma.



STROKE & LOW BLOOD OXYGEN LEVELS

OSA deprives your body of oxygen and can damage your blood vessels, causing them to burst or clog.



HEART DISEASE & HIGH BLOOD PRESSURE

Sleep apnea increases blood pressure, stresses the heart, and increases the risk of heart failure and heart pain.



WEIGHT GAIN

Sleep apnea increases cortisol levels, which can lead to weight gain. OSA has also been linked to fatty liver disease and increased risk of type 2 diabetes.



KIDNEY DISEASE

Kidneys metabolize medications and certain nutrients. OSA causes damage, which reduces their ability to filter waste from the blood.



SEXUAL PROBLEMS

OSA can curb sexual desire and lead to erectile dysfunction.



BONE LOSS

Sleep apnea increases risk of osteoporosis and bone loss, reducing bone density and increasing danger of breaks.