

OBSTRUCTIVE SLEEP APNEA & COMORBIDITY:

UNTREATED OR IGNORED SLEEP DISORDERS CAN BE DANGEROUS TO YOUR HEALTH

Comorbidity is the simultaneous presence of two chronic conditions, and it's common with obstructive sleep apnea (OSA). In fact, OSA can cause or worsen other chronic disorders.

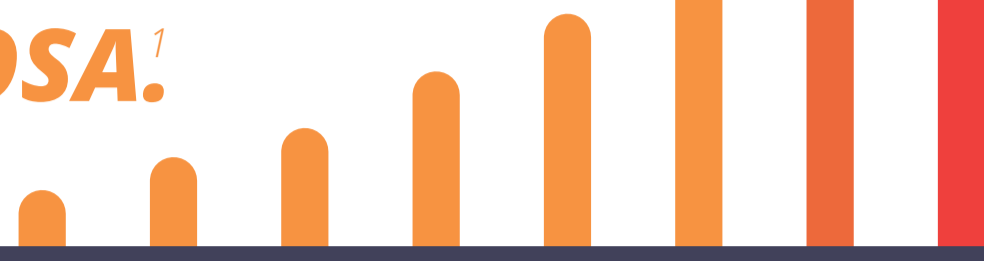
SOME OF THE MOST PREVALENT OSA COMORBIDITIES ARE:

OBESITY

The majority of **OBES PATIENTS** have OSA.



And as obesity rates rise, **SO TOO DOES OSA!**



HIGH BLOOD PRESSURE

OSA lowers oxygen levels in blood, **FORCING THE HEART TO WORK HARDER.**



50% of OSA patients have **HIGH BLOOD PRESSURE.**



HEART DISEASE & HEART FAILURE

A significant portion of **HEART DISEASE PATIENTS HAVE OSA.**

57% of patients with **CORONARY ARTERY DISEASE** have OSA.³

OSA INCREASES THE RISK of congestive heart failure by

140%⁴



Most **STROKE PATIENTS** have OSA.

STROKE



People with OSA are **MORE LIKELY TO SUFFER A STROKE.**⁵

4x

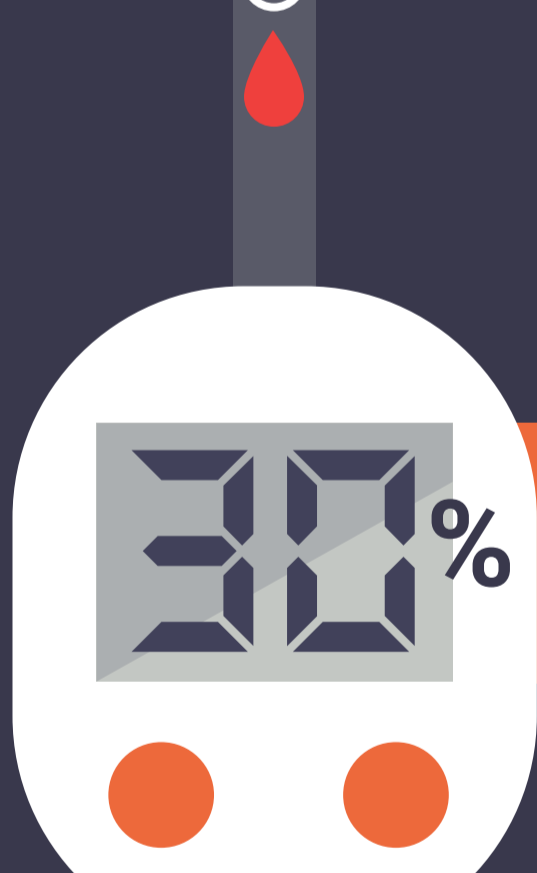
HEART RHYTHM DISTURBANCES

Patients with severe OSA have **FOUR TIMES HIGHER ODDS OF COMPLEX ARRHYTHMIAS.**⁶



TYPE 2 DIABETES

OSA may be a **NOVEL RISK FACTOR** for type 2 diabetes.



30% OF PATIENTS WITH OSA HAVE TYPE 2 DIABETES.⁷

85% OF OBESE PATIENTS WITH TYPE 2 DIABETES HAVE OSA.⁸

DEATH

Any one of these conditions, complicated by OSA, **CAN MULTIPLY YOUR RISK OF EARLY DEATH.**

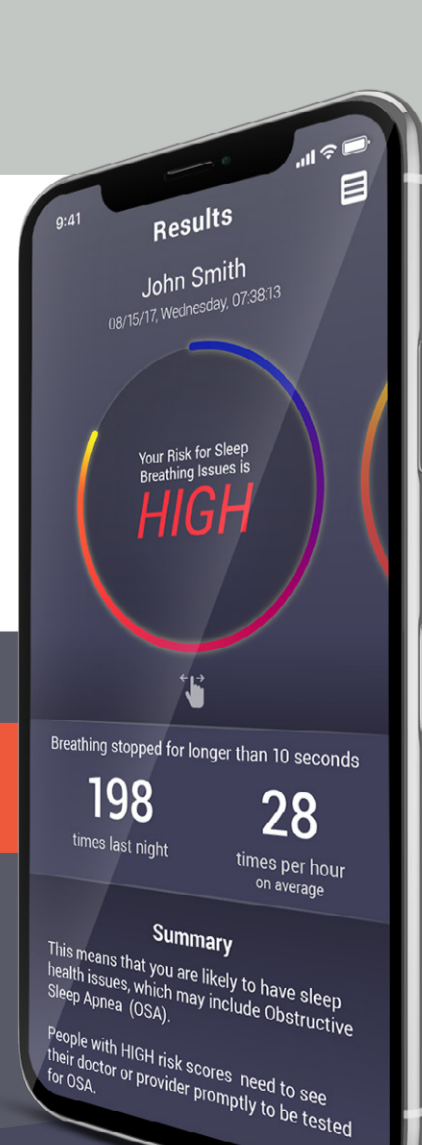


And treating OSA can help you reduce these conditions, **IMPROVING YOUR QUALITY OF LIFE.**



That's why it's **IMPORTANT TO GET CHECKED.**

INTRODUCING DROWZLE, the easiest way to check your sleep health risk. All you need is a smartphone.



VISIT **DROWZLE.COM** TODAY TO LEARN MORE.

Your health could depend on it.

SOURCES:

1 https://www.medicinenet.com/sleep_apnea/article.htm#how_common_is_obstructive_sleep_apnea

2 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4835326/>

3 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2727690/>

4 https://www.medicinenet.com/sleep_apnea/article.htm#what_are_some_of_the_complications_of_sleep_apnea

5 <https://aasm.org/study-links-severe-sleep-apnea-to-increased-risk-of-stroke-cancer-and-death/>

6 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2727690/>

7 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4835326/>

8 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4835326/>