

# OSA AND SLEEPY EMPLOYEES:

A DANGER TO PRODUCTIVITY & HUMAN LIVES

Obstructive sleep apnea (OSA) is a chronic sleep disorder that robs people of healthy sleep.

Poor sleep habits cost companies

**\$136 BILLION** PER YEAR

in lost productivity.

THAT'S AS MUCH AS  
**\$3,100**  
PER EMPLOYEE.

**SLEEP-DEPRIVED WORKERS DEMONSTRATE:**

#1 CAUSE OF ABSENTEEISM



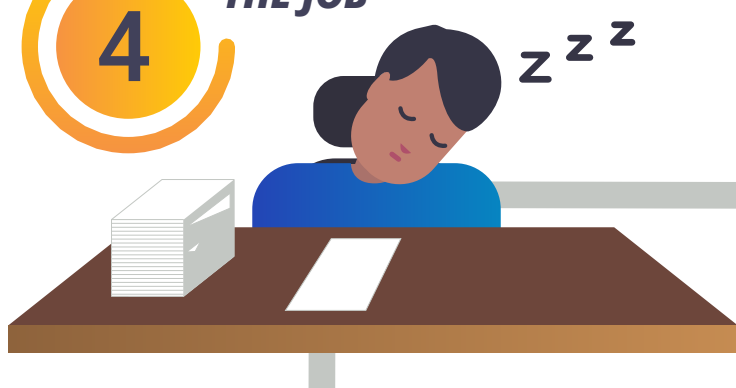
DIFFICULTY LISTENING



IMPAIRED PROBLEM SOLVING



DOZING ON THE JOB



OSA also contributes to **ON-THE-JOB ACCIDENTS.**



Highly fatigued workers are

**70%**

More likely to be involved in **WORKPLACE ACCIDENTS.**

THESE ACCIDENTS COST EMPLOYERS

**\$31 BILLION** PER YEAR.



MANY COMPANIES ARE ONE GOOD NIGHT'S SLEEP AWAY FROM A SERIOUS, COSTLY

**ACCIDENT.**

THE SLEEP-DEPRIVED BRAIN OPERATES UP TO

**5x SLOWER**

THAN A WELL-RESTED BRAIN.<sup>3</sup>

THAT'S A RECIPE FOR DISASTER

— and extremely costly litigation.

UNTREATED OSA EVEN

**DOUBLES**

HEALTHCARE UTILIZATION COSTS.<sup>4,5,6,7,8</sup>



WITH SLEEP APNEA AFFECTING MORE THAN 22 MILLION PEOPLE,<sup>9</sup>

TREATING OSA CAN VASTLY IMPROVE WORKPLACE PRODUCTIVITY AND SAFETY.

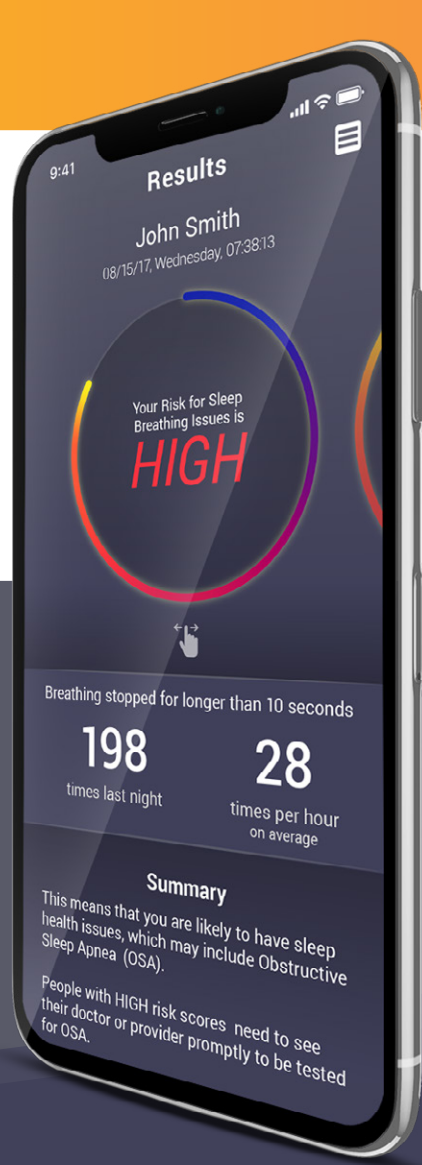
**INTRODUCING DROWZLE.**

Now employees can check their risk of sleep disorders with their smartphone.



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Increase productivity and safety in your company.



#### SOURCES:

1 <https://www.theladders.com/career-advice/bad-sleep-habits-cost-companies-136-billion-lost-productivity>

2 <https://www.optisom.com/safety/>

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4 Kapur V, et al; Sleep 1999; 22:749-755

5 Kryger MH, et al; Sleep 1996; 19:S111-116

6 Albarak M, et al; Sleep 2005; 28:1306-1314

7 Tarasiuk A, et al; Chest 2005; 128:1310-1314

8 Banno K, et al; Sleep 2009; 32:247-252

9 <https://www.sleepapnea.org/learn/sleep-apnea-information-for-clinicians/>