

THE EFFECTS OF OSA ON SLEEP: IT'S REQUIRED. ¹ **HEALTHY SLEEP ISN'T A LUXURY.**

The average adult sleeps 8 to 8.5 hours per night.

THIS HELPS:



IMPROVE
ABILITY
TO LEARN



IMPROVE
MEMORY



REINFORCE
OVERALL
HEALTH



INCREASE
ENERGY

Obstructive sleep apnea (OSA) steals restful sleep from the body by interrupting the four stages of sleep.

NON-REM STAGE 1

LIGHT SLEEP.

Body begins to relax.

NON-REM STAGE 2

A DEEPER SLEEP.

Half your night spent this way.

NON-REM STAGE 3

VERY DEEP SLEEP.

This is the restorative stage.

REM STAGE 4

RAPID EYE MOVEMENT.

Heart and breathing rates increase. Stimulates brain regions used to learn and make memories.



OSA repeatedly causes your brain to awaken from a deep sleep to a shallow level of sleep.

**YOU MAY SLEEP,
BUT YOU DON'T REST.²**

A LACK OF HEALTHY SLEEP FROM OSA CAN:

- 1 Cause thinking process to slow down
- 2 Make it harder to focus
- 3 Make you more easily confused
- 4 Increase poor decision-making and risk-taking
- 5 Worsen reaction time
- 6 Increase irritability

In other words, lack of sleep can turn you into a **ZOMBIE.**



Poor sleep keeps the **HEART FROM RESTING.**

This increases blood pressure and
THE RISK OF HEART DISEASE.



POOR SLEEP WEAKENS THE IMMUNE SYSTEM,

making it harder for the body
to fight off infections.

Poor sleep is a link to diabetes and

BESITY,
as sleep strongly regulates
**APPETITE, WEIGHT CONTROL
AND ENERGY USE.**

Plus, it can cause or worsen

DEPRESSION.



**DON'T LET OSA
RUIN YOUR SLEEP
— OR YOUR HEALTH.**

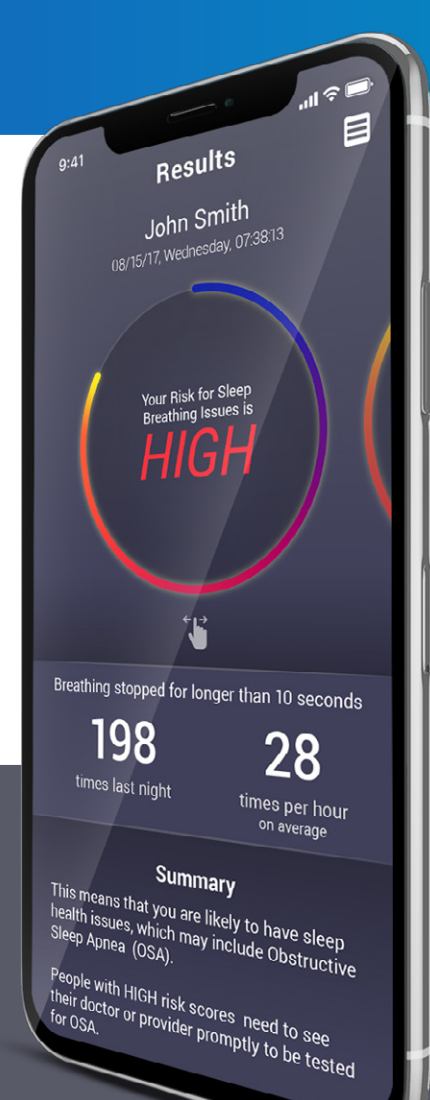
INTRODUCING DROWZLE.

Simple, smartphone-based software
that checks your sleep health risk.



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

Everyone deserves a good night's sleep.



SOURCES:

1

https://www.nhlbi.nih.gov/files/docs/public/sleep/healthy_sleep.pdf

2

https://www.medicinenet.com/sleep_apnea/article.htm#how_is_obstructive_sleep_apnea_diagnosed_and_evaluated