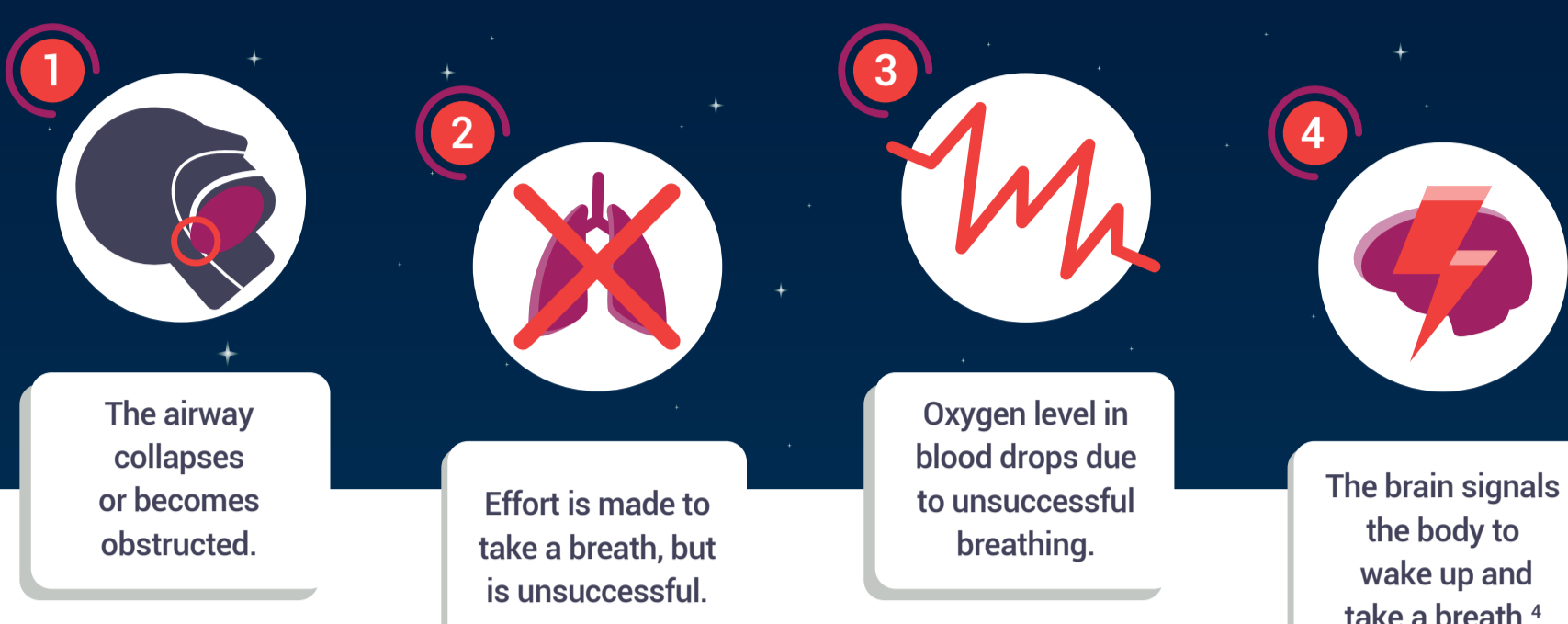


# SLEEP APNEA: THE NOT-SO-SILENT KILLER

Obstructive Sleep Apnea, or OSA, is a chronic sleeping disorder where the airway collapses frequently during the night, restricting the flow of air.

## IT IS DEFINED BY FOUR COMPONENTS:



## NIGHTTIME

Mostly known for loud, bothersome snoring, other signs include:

- ① Gasping for air
- ② Choking during sleep
- ⑤ Frequent night time bathroom trips
- ③ Restless sleep
- ④ Dry or sore throat upon waking

## DAYTIME

But its symptoms are also present during the day, including:

- ① Excessive sleepiness
- ② Fatigue
- ③ Headaches
- ④ Lack of concentration
- ⑤ Poor decision-making
- ⑥ Irritability and depression<sup>6</sup>

UP TO **80%**

of those cases are considered **MODERATE TO SEVERE**<sup>7</sup> &

**22 MILLION PEOPLE** suffer from sleep apnea,<sup>6</sup> affecting up to



**85%**

of estimated cases are untreated or, even worse, **UNDIAGNOSED**.<sup>8</sup>

That's **19.8M PEOPLE** \*

suffering without help.<sup>9</sup>  
\* That's approximately the entire population of Romania.

**OBESITY**

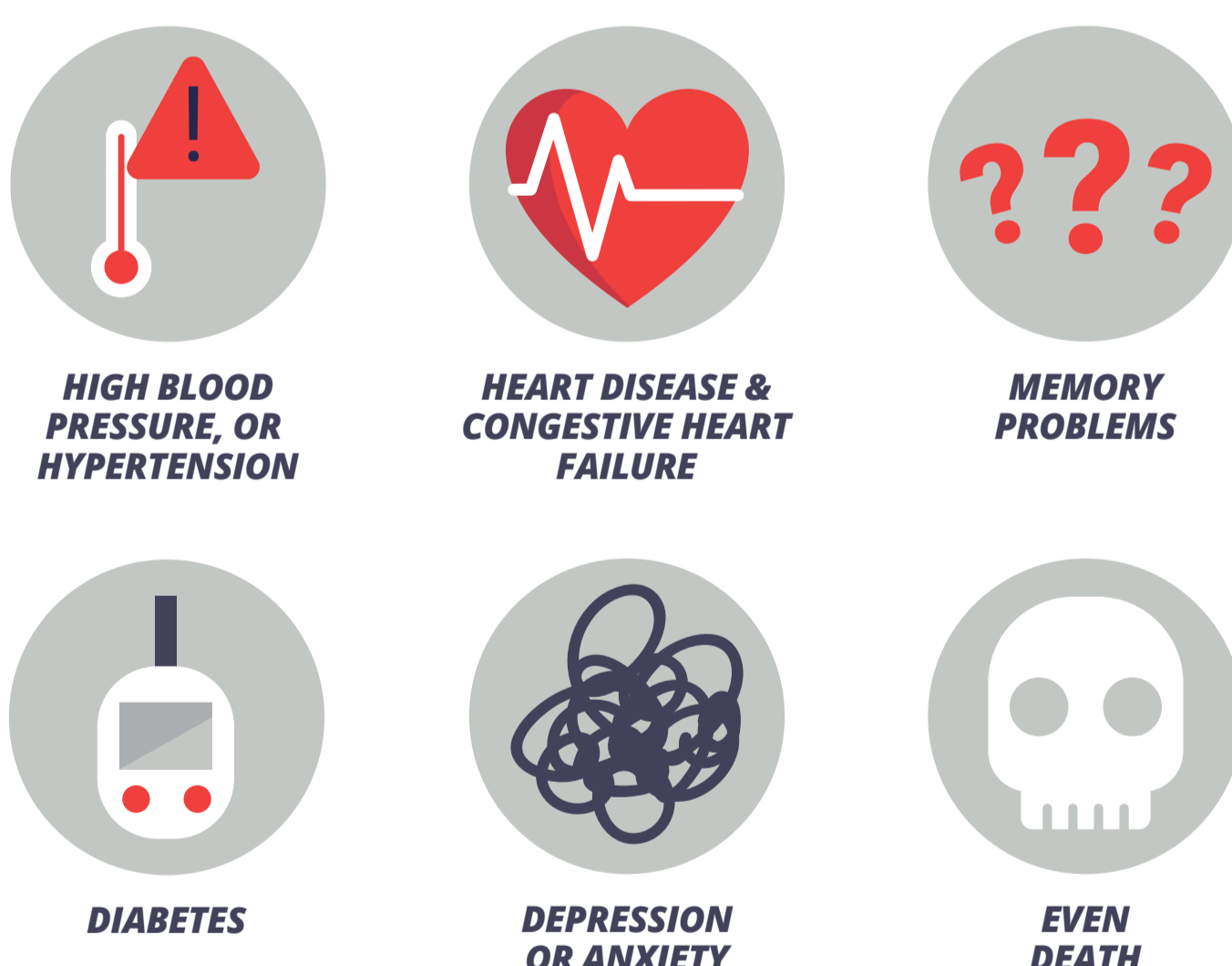
**BEING OVER 50**

**BEING MALE**

**LARGE NECK**

There are several factors that can **INCREASE YOUR RISK** of developing OSA:

## AND IT CAN EVENTUALLY CAUSE OR WORSEN:



**SO TAKE CHARGE.**  
Discover your sleep health risks.  
**YOUR LIFE**  
COULD DEPEND ON IT.



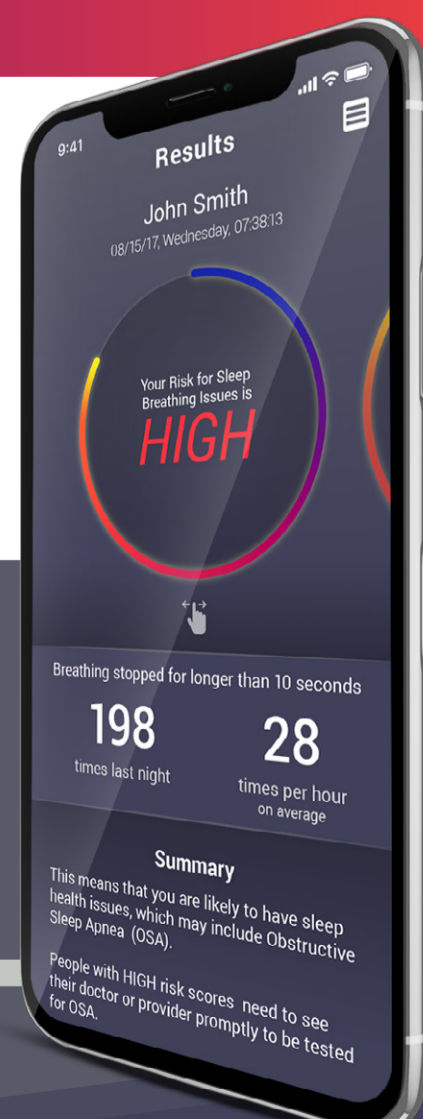
**THAT'S RIGHT.**  
Poor sleep could actually **KILL YOU.**

It's time for a change. It's time for healthy sleep.  
**INTRODUCING DROWZLE.**  
With just a smartphone, you can check your sleep health risk tonight.



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

Everyone deserves a good night's sleep.



SOURCES:

4 [https://www.medicinenet.com/g00/sleep\\_apnea/article.htm?i10c\\_encReferrer=&i10c.ua=1&i10c.dv=15#how\\_is\\_obstructive\\_sleep\\_apnea\\_diagnosed\\_and\\_evaluated](https://www.medicinenet.com/g00/sleep_apnea/article.htm?i10c_encReferrer=&i10c.ua=1&i10c.dv=15#how_is_obstructive_sleep_apnea_diagnosed_and_evaluated)  
5 [https://www.mayoclinic.org/diseases-conditions/obstructive-sleep-apnea/symptoms-causes/syc-20352090?utm\\_source=Google&utm\\_medium=abstract&utm\\_content=Obstructive-sleep-apnea&utm\\_campaign=Knowledge-panel](https://www.mayoclinic.org/diseases-conditions/obstructive-sleep-apnea/symptoms-causes/syc-20352090?utm_source=Google&utm_medium=abstract&utm_content=Obstructive-sleep-apnea&utm_campaign=Knowledge-panel)  
6 <https://www.sleepapnea.org/learn/sleep-apnea-information-clinicians/>

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