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:

- **The airway collapses or becomes obstructed.**
- **Effort is made to take a breath, but is unsuccessful.**
- **Oxygen level in blood drops due to unsuccessful breathing.**
- **The brain signals the body to wake up and take a breath.**

#### NIGHTTIME

- Gasping for air
- Choking during sleep
- Frequent night time bathroom trips
- Restless sleep
- Dry or sore throat upon waking

#### DAYTIME

- Excessive sleepiness
- Fatigue
- Headaches
- Lack of concentration
- Poor decision-making
- Irritability and depression

#### Most known for loud, bothersome snoring, other signs include:

- **Diabetes**
- **Memory problems**
- **Heart disease & congestive heart failure**
- **High blood pressure or hypertension**
- **Depression or anxiety**
- **Even death**

#### Up to 80% of those cases are considered MODERATE TO SEVERE.

#### AND IT CAN EVENTUALLY CAUSE OR WORSEN:

- **Heart disease & congestive heart failure**
- **Diabetes**
- **Memory problems**
- **Depression or anxiety**
- **Even death**

#### THERE ARE SEVERAL FACTORS THAT CAN INCREASE YOUR RISK:

- **Obesity**
- **Being over 50**
- **Being male**
- **Large neck**

#### THAT’S RIGHT. Your deep sleep could actually KILL YOU.

#### So take charge. Your life could depend on it.

**That’s approximately the entire population of Romania.**

**That’s 21% of women, 31% of men.**

**19.8M people are suffering without help.**

**22 million people suffer from sleep apnea, affecting up to 21% of women, 31% of men.**

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