

# Sleep Apnea Hurts HEARTS



Obstructive sleep apnea (OSA) is a chronic disease that involves the repeated collapse of the upper airway during sleep. Sleep apnea puts an enormous strain on your heart, repeatedly causing oxygen levels to drop and blood pressure to surge as you sleep.

**Untreated, severe sleep apnea increases your risk of developing heart problems.**



People in the U.S. who have sleep apnea



Higher Risk of dying from heart disease

## SLEEP APNEA HURTS

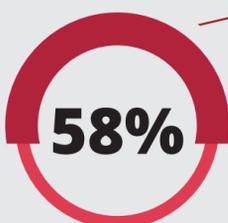


By increasing the risk of:

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- Heart failure
- Elevated blood pressure
- Atrial fibrillation
- Resistant hypertension
- Type 2 diabetes
- Stroke

## SEVERE DAMAGE



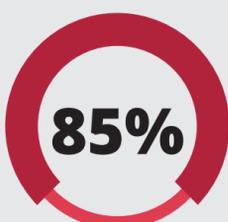
Increased risk of developing heart failure in middle-aged men with severe sleep apnea



People with high blood pressure who have obstructive sleep apnea



Higher risk of Afib in people who have sleep apnea



People with treatment-resistant hypertension who also have sleep apnea



Sleep apnea afflicts about 7 in 10 people who have Type 2 diabetes.



Increased risk of having a stroke in people with severe, untreated sleep apnea

**The effective treatment of sleep apnea is good for your sleep and your heart! It improves your overall health and lowers your risk of heart problems.**

## DAMAGE CONTROL

**Treating sleep apnea with CPAP therapy:**

- Restores healthy sleep
- Enhances daytime alertness
- Increases physical energy
- Improves mood
- Reduces the risk of heart damage

**Talk to your doctor about your risk for sleep apnea. Your doctor may refer you to a board-certified sleep medicine physician at an accredited sleep center for help.**



**Warning Signs**  
Common warning signs for sleep apnea include:

- Snoring
- Silent breathing pauses
- Gasping or choking
- Daytime sleepiness or fatigue



**Risk Factors**  
Factors that increase your risk of having sleep apnea include:

- Obesity (BMI of 30+)
- Narrow airway
- Large neck, tongue or tonsils
- Recessed jaw

Visit [projecthealthysleep.org](http://projecthealthysleep.org) to learn how you can guard your heart and avoid being #SnoredToDeath.

Sources:

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