

LIVING WITH OSA



TREATMENT FOR OBSTRUCTIVE SLEEP APNEA (OSA) IS SAFE, EFFECTIVE, AND CAN HELP YOU TO LIVE A HEALTHIER, MORE PRODUCTIVE LIFE.

What is OSA?

OSA afflicts 20 million U.S. adult men and women. People who have OSA stop breathing during sleep because their airway collapses and prevents air from getting into the lungs. This disrupts healthy sleep, puts a strain on the heart and can lead to a number of serious health conditions, including heart disease, high blood pressure and stroke.

What is the treatment for OSA?

Positive Airway Pressure (PAP) therapy is the treatment of choice for OSA. The most commonly used PAP therapy is Continuous Positive Airway Pressure (CPAP). An alternative therapy, for severe cases of OSA, is Bi-level Positive Airway Pressure with a BiPAP[®] machine.



OBSTRUCTIVE SLEEP APNEA



PAP THERAPY

PAP therapy provides a gentle flow of air pressure through your nose using a mask. The air prevents the airway from collapsing which causes a person to stop breathing. PAP therapy is noninvasive and can alleviate the symptoms of OSA when used as prescribed.

Other Treatments

Less common treatments include surgery, body position modification, and oral appliances, which may be effective in certain people. Any treatment for OSA should include lifestyle changes, such as weight loss (if needed), good sleep practices, and avoidance of alcohol, sedatives and hypnotics.

What are the benefits of regular treatment?

By using your prescribed therapy on a regular basis, you may experience:

- Increased energy and attentiveness during the day
- Lower blood pressure
- Decreased risk for strokes and heart attacks
- Increased effectiveness at home or at work
- Improved overall quality of life

How can I make the most of therapy?

Use your PAP system every night. During the initial weeks of therapy, you may encounter problems adjusting to therapy, such as discomfort with your mask, the airway pressure, or your nose or mouth. The problems are easy to correct if communicated to your health care provider.

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“IT’S OK,
I’M JUST A LITTLE
SLEEPY.”

**MAYBE NOT. YOU MAY SUFFER FROM OBSTRUCTIVE SLEEP APNEA (OSA)—
A SERIOUS BREATHING DISORDER THAT CAUSES EXCESSIVE DAYTIME
SLEEPINESS AND CAN LEAD TO LIFE-THREATENING HEALTH CONDITIONS.**

What is OSA?

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NORMAL BREATHING



OBSTRUCTIVE SLEEP APNEA

How do I know if I have OSA?

OSA can occur in men, women and children of all ages and sizes. Most people who have OSA do not realize they suffer from the condition. Often, it is someone else who witnesses the first signs of OSA.

What are the symptoms of OSA?

Key Signs:

- Excessive daytime sleepiness
- Loud or disruptive snoring
- Gasping or choking at night

Other Signs and Symptoms:

- Morning headache
- Restless sleep
- Depression or irritability

What happens if I have OSA and I don’t treat it properly?

People who do not seek diagnosis and effective treatment for OSA can be at risk for:

- High blood pressure
- Heart disease
- Heart attack
- Irregular heartbeat
- Stroke
- Driving accidents
- Work-related accidents

How is OSA Diagnosed?

Discuss sleep complaints and symptoms with your primary care physician. If a sleep disorder is suspected, your doctor will refer you to a sleep specialist for evaluation. Evaluation begins with an overnight diagnostic sleep study, known as a polysomnogram, or PSG. The PSG helps determine the type and severity of the sleep disorder, as well as appropriate treatment.

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Positive Airway Pressure (PAP) therapy is the treatment of choice for OSA. The most commonly used PAP therapy is Continuous Positive Airway Pressure (CPAP). CPAP therapy provides a gentle flow of air pressure through your nose using a mask. CPAP therapy is noninvasive and can alleviate the symptoms of OSA when used as prescribed.

Where do I go for help?

If you think you or someone you care about may suffer from OSA, contact your Primary Care Physician or a Sleep Specialist to ask about OSA.

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