

MEDICAL TECHNOLOGY  
**life changing  
innovation**



QUALITY OF LIFE  
**Sleep Apnea**

The medical technology industry is continually advancing and developing new innovations that improve the health and well-being of patients worldwide.

Sleep apnea is a high-cost chronic condition that affects **1 in 4** American adults.<sup>1</sup> Roughly 85% of cases are undiagnosed.<sup>2</sup>



**Sleep apnea** causes your body to stop breathing while you sleep, because of:

- A blocked upper airway, known as obstructive sleep apnea (OSA); or
- The brain stops sending signals to breathe, known as central sleep apnea (CSA).

**Untreated sleep apnea** is a potentially fatal condition with harmful short- and long-term effects:

- A 15-fold increase in traffic accident risk<sup>3</sup> costing Americans a total estimated \$15.9 billion/year;<sup>4</sup>
- Increased work disability claims, absenteeism and presenteeism (showing up to work tired); and<sup>5</sup>
- Increased risk of life-threatening diseases like high blood pressure,<sup>6</sup> heart disease<sup>7</sup> and type 2 diabetes.<sup>8</sup>

**The Good News:**

**Sleep Apnea Is Treatable**

**Continuous positive airway pressure** (CPAP) is a bedside machine that gently delivers pressurized air through a mask to keep your upper airway open and help prevent apneas. That leads to:



Uninterrupted, restorative sleep;



Improved daytime energy, alertness, and mood;<sup>9</sup> and



Up to thousands of dollars in health care savings. In one analysis, people saved an average \$6,000 in both the first and second years on CPAP.<sup>10</sup>

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