

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.¹ Roughly 85% of cases are undiagnosed.²



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 risk³ costing Americans a total estimated \$15.9 billion/year;⁴
- Increased work disability claims, absenteeism and presenteeism (showing up to work tired); and⁵
- Increased risk of life-threatening diseases like high blood pressure,⁶ heart disease⁷ and type 2 diabetes.⁸

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;⁹ 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.¹⁰

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