

Fast facts about Obstructive Sleep Apnea

What is Obstructive Sleep Apnea (OSA)?

- OSA is a condition in which a person stops breathing repeatedly during sleep.
- Breathing stops because the airway collapses and prevents air from getting into the lungs.
- Sleep patterns are disrupted, resulting in excessive sleepiness or fatigue during the day.

What causes the airway to collapse during sleep?

- Extra tissue in the back of the airway such as large tonsils.
- Decrease in the tone of the muscles holding the airway open.
- The tongue falling back and closing off the airway.

How many people have Obstructive Sleep Apnea?

- Four percent of middle-aged men and two percent of middle-aged women have OSA.
- Most OSA sufferers remain undiagnosed and untreated.
- OSA is as common as adult asthma.

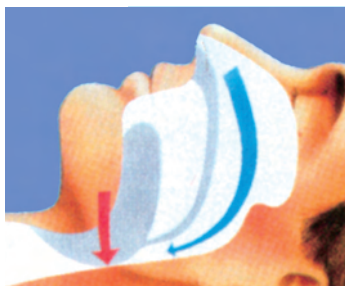
What should you do if you suspect you may have Obstructive Sleep Apnea?

- See your doctor. Evaluation by a doctor specializing in sleep disorders is recommended.
- Have a sleep study done. A sleep study can provide the doctor with information about how you sleep and breathe. This information will help the doctor to determine your diagnosis and treatment options.



Normal Breathing

- Airway is open
- Air flows freely to lungs



Obstructive Sleep Apnea

- Airway collapses
- Blocked air flow

What are the signs and symptoms of obstructive sleep apnea?

If you or someone you know snores regularly and has one or more of the following symptoms, it may be OSA.

Check the following that apply:

- Snoring, interrupted by pauses in breathing
- Gasping or choking during sleep
- Restless sleep
- Excessive sleepiness or fatigue during the day
- Large neck size (greater than 17" in men; greater than 16" in women)
- Crowded airway
- Morning headache
- Sexual dysfunction
- Frequent urination at night
- Poor judgment or concentration
- Irritability
- Memory loss
- High blood pressure
- Depression
- Obesity

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What happens if Obstructive Sleep Apnea is not treated?

Possible increased risk for:

- High blood pressure
- Heart disease and heart attack
- Stroke
- Fatigue-related motor vehicle and work accidents
- Decreased quality of life

What is the treatment for Obstructive Sleep Apnea?

The most common treatment is:

- CPAP (Continuous Positive Airway Pressure), pronounced "see-PAP." Other less common treatments include surgery and oral appliances, which may be effective in certain individuals.
- Any treatments should include weight loss if needed, exercise, and avoidance of alcohol, sedatives, and hypnotics.

How does CPAP therapy work?

CPAP treats OSA by providing a gentle flow of positive-pressure air through a mask to splint the airway open during sleep.

- Breathing becomes regular
- Snoring stops
- Restful sleep is restored
- Quality of life is improved
- Risk for high blood pressure, heart disease, heart attack, stroke, and motor vehicle and work accidents is reduced

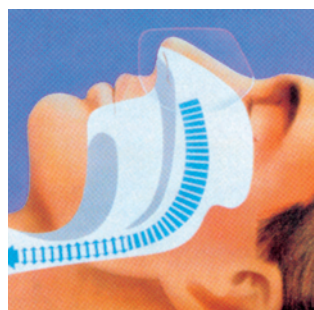
Obstructive Sleep Apnea is a serious, potentially life-altering health issue that may lead to life-threatening conditions, but it is:

- Easily identified
- Effectively treated



Obstructive Sleep Apnea

- Airway collapses
- Blocked air flow



CPAP Therapy

- Airway splinted open
- Air flows freely to lungs



CPAP therapy is safe and effective.

For more information about sleep apnea, talk to your healthcare provider or visit sleepapnea.com



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