

# OBSTRUCTIVE SLEEP APNEA

## HOW IT AFFECTS YOU

Obstructive sleep apnea (OSA) affects as many as one-third of Americans, and it increases your chances of developing a wide variety of health problems, as described below. Unfortunately, many people aren't even aware that they have OSA. Talk to your doctor about undergoing a sleep study, or contact the **UAB Medicine Sleep/Wake Disorders Center at (205) 930-7114**.

### STROKE

Moderate to severe OSA greatly increases your chances of having a stroke, by as much as 3 times in men.

### DEMENTIA

OSA increases your risk of developing dementia and mild cognitive impairment.

### POOR SLEEP

- Mental conditions such as depression, anxiety, loss of motivation, shortened attention span, moodiness, bad temper, and poor judgment are more common among people with OSA.
- Drowsiness increases your chance of having a car accident, and you are more likely to have impaired concentration, memory loss, and reduced work efficiency.

### LOUD SNORING

A common symptom of sleep apnea, excessive snoring can disturb your partner.



### STRESS ON THE HEART

- OSA is more common in people with:
- High blood pressure (hypertension)
  - Coronary artery disease (hardened, narrow arteries)
  - Cardiac arrhythmias, such as atrial fibrillation (an irregular, often rapid heart rate)
  - Congestive heart failure
  - Sudden death
  - Pulmonary arterial hypertension (a type of high blood pressure that affects arteries in the lungs and heart)



### NONALCOHOLIC FATTY LIVER DISEASE

This condition is 2-3 times more likely to occur in patients with OSA.

### TYPE II DIABETES

Type 2 Diabetes Mellitus and insulin resistance are more common among people with OSA.

### GASTROESOPHAGEAL REFLUX DISEASE (GERD)

Acid reflux is more common among those with OSA.

### OBESITY

- Being overweight is the most documented risk factor for OSA.
- Reduced sleep and/or sleep quality increases your appetite for high-calorie foods.
- As your weight rises, so does your risk for OSA.
- Most people with OSA weigh at least 30% more than their ideal body weight.



### SEXUAL DYSFUNCTION

Many middle-aged men and women with OSA experience impotence and/or loss of libido.

### FREQUENT NIGHTTIME URINATION

About half of patients with OSA also have nocturia (excessive nighttime urination).



### NEED EVEN MORE INCENTIVE TO SEEK TREATMENT FOR OSA?

Doing so can cut your health care costs in half.

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FOR MORE INFORMATION, VISIT [SLEEPFOUNDATION.ORG](http://SLEEPFOUNDATION.ORG) OR [SLEEPEducation.ORG](http://SLEEPEducation.ORG).