Obstructive Sleep Apnea

18 million Americans have been diagnosed with OSA. An estimated 16 million remain undiagnosed.

10x People with OSA are 10 times more likely to die in a car crash.

1 in 5 adults suffer from at least mild sleep apnea.

1 in 3 preschool children suffer from sleep apnea.

Obstructive sleep apnea can cause:
- Altered job or school performance
- Excessive daytime sleepiness
- Marital and social problems
- Accidents and injuries

People with OSA are at a higher risk for:
- Impotence
- High blood pressure
- Heart disease
- Stroke
- Thinking and memory problems

In most cases, snoring is nothing more than an inconvenience. In others, it’s a symptom of a serious condition known as obstructive sleep apnea (OSA).

Depending on the severity of your condition, treatments may include:

- Behavior modification or simple lifestyle changes, such as weight loss or a change in sleeping position and habits.
- Oral appliances that bring the jaw forward during sleep to keep the airway open.
- CPAP or BiPAP devices that use positive air pressure to keep the airway open during sleep.
- Surgical procedures such as Maxillomandibular Advancement (MMA), Uvulopalatopharyngoplasty (UPPP), Hyoid Suspension and Genioglossus Advancement (GGA).

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50% of people older than 40 snore. 40% of them do so every night.

An oral and maxillofacial surgeon is ready to help as an integral part of a professional team that treats sleep-related breathing disorders.


This information is not intended as a substitute for professional medical advice, diagnosis or treatment.