

# Obstructive Sleep Apnea

## What you need to know

1 in 10 Australians suffer from undiagnosed obstructive sleep apnea (OSA)<sup>1</sup>

### Risk of stroke:

- Repetitive pauses in breathing while you sleep, can cause reduction in blood oxygen levels and increase blood pressure which can increase the risk for stroke.<sup>3</sup>
- OSA increases the risk of stroke by 60%<sup>2</sup>

### Risk of depression:

- Sleep interruptions interfere with deep, restorative sleep which can weaken emotional resilience and potentially increase the risk of depression<sup>4</sup>
- Up to 63% of OSA patients have been shown to suffer from depression<sup>9</sup>

### Risk of obesity:

- The body manages hunger through hormones, sleep apnea can cause these hormones to fluctuate and cause a person to feel more hungry than normal.<sup>7</sup>
- Some studies have shown a direct link between sleep deprivation and obesity with up to 40% increase in risk of developing obesity for those adults having sleep duration of less than 5 hours compared to those with 7-8 hours of sleep<sup>1</sup>

### Risk of heart disease:

- When a person stops breathing during their sleep their sympathetic nervous system is activated and can increase blood pressure<sup>8</sup>
- International guidelines now recognize OSA as one of the most common risk factors of resistant hypertension<sup>5</sup>

### Risk of diabetes:

- Sleep apnea causes reduction in blood oxygen which can impair insulin sensitivity and glucose tolerance leading to insulin resistance and risk of diabetes.<sup>10</sup>
- Clinical evidence supports that moderate-severe OSA can increase the risk of developing diabetes by up to 63%<sup>6</sup>

### Risk of traffic accident:

- Sleep deprivation (17-19 hours waking period) has been shown to reduce an individual's response speed to a level equivalent to that produced by alcohol intoxication of at least a Blood Alcohol Concentration of 0.05%<sup>12</sup>
- Moderate to severe OSA patients have up to 15-fold increased risk of being involved in traffic accident due to their inability to effectively estimate hazards on the road<sup>13</sup>

### Increased sexual problems:

- Testosterone, which peaks during the Rapid Eye Movements (REM) phase, is usually lower in OSA patients due to sleep fragmentation and, along with repeated hypoxia episodes, could lead to a decrease in protective nocturnal erectile activity<sup>8</sup>
- Studies have shown that over 50% of newly diagnosed OSA patients also have erectile dysfunction<sup>8</sup>

# Benefits of Treating Obstructive Sleep Apnea

Reference: [sleepeducation.org/patients/cpap/](https://sleepeducation.org/patients/cpap/)



Can improve alertness and prevent motor vehicle accidents



Potential weight loss



Can improve concentration



Can potentially lower medical expenses



Can improve emotional stability

**\*Always seek the guidance of your Doctor or healthcare professional with regards to your health or medical condition**