



What is CPAP therapy?

CPAP therapy is the most widely accepted treatment for sleep apnea. A bedside device gently delivers pressurized air through a nasal mask or pillows system. This pressure acts like an “air splint” to keep the upper airway open and help prevent apneas. CPAP treatment does not involve drugs or surgery and helps hundreds of thousands of people worldwide enjoy healthier sleep and a healthier life. Many patients experience the benefits quickly—often after the first night of use. There is no cure for sleep apnea at this time.

To learn more about sleep apnea and to request a free informational booklet, visit www.HealthySleep.com



If you think you or someone you know may suffer from sleep apnea, answer the five questions listed below.

- Do you snore?
- Are you excessively tired during the day?
- Have you been told you stop breathing during sleep?
- Do you have a history of hypertension?
- Is your neck greater than 17 inches (male) or greater than 16 inches (female)?

If you answer yes to three or more questions, you should discuss your symptoms with your doctor.

1. Young et al.
2. Logan et al.
3. Resnick et al.
4. O’Keefe et al.
5. Javaheri et al.

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High Blood Pressure and Sleep Apnea



Bonnie
Age: 60
Health: History of high blood pressure, diabetes and long-standing asthma

Bonnie often fell asleep during the day, and she never had energy.

Bonnie was finally diagnosed with sleep apnea.

For years, Bonnie had been receiving treatment for high blood pressure, diabetes and asthma—taking 12 different medications daily for her conditions. She also had sleeping problems that she never discussed with her physician. She was always tired, snored loudly and sometimes awoke gasping for air. Bonnie often fell asleep during the day, and she never had energy.

Common signs and symptoms of sleep apnea include:

- Excessive daytime sleepiness
- Loud, disruptive snoring
- Irregular breathing during sleep (eg, gasping, long pauses, shallow breathing—a spouse or partner may notice these)
- Restless sleep
- Difficulty concentrating
- Depression or irritability
- Morning headaches
- High blood pressure
- Weight problems

Many people are not even aware that they have sleep apnea. Often, a bed partner is the first to witness symptoms of sleep apnea.

One day, Bonnie's cardiologist asked her if she had trouble sleeping, finally exposing her sleep problems. Bonnie was then referred to a sleep lab for an overnight

sleep study to determine whether she suffered from sleep apnea. Sleep apnea can now be diagnosed in the home, in addition to a sleep center.

What is sleep apnea?

Sleep apnea is a general term for breathing problems that occur during sleep. People with sleep apnea stop breathing throughout the night up to 100 times a night.

Sleep apnea affects approximately 20 million adults, and has serious negative health effects when present with other conditions.¹

If you are overweight or suffer from high blood pressure, diabetes or heart trouble treating your sleep apnea can improve all of these conditions while making you feel better.¹⁻⁵

Many people are not even aware that they have sleep apnea.

The good news is that sleep apnea can be treated easily!

Bonnie's sleep study indicated that she stopped breathing or partially stopped breathing 85 times during one hour of sleep. Her oxygen levels dropped significantly while she was sleeping, and she was diagnosed with severe sleep apnea. She was then prescribed continuous positive airway pressure (CPAP) therapy for her condition.

After starting CPAP therapy, her sleep quality improved immediately. The number of times she stopped breathing dropped from 85 to 5, and her blood pressure lowered significantly. Bonnie reports feeling better. She has more energy and has been able to stop taking some of the blood pressure medications. Overall, Bonnie has seen a dramatic improvement in her quality of life!



Diabetes and Sleep Apnea

What is CPAP therapy?

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If you think you or someone you know may suffer from sleep apnea, answer the five questions listed below.

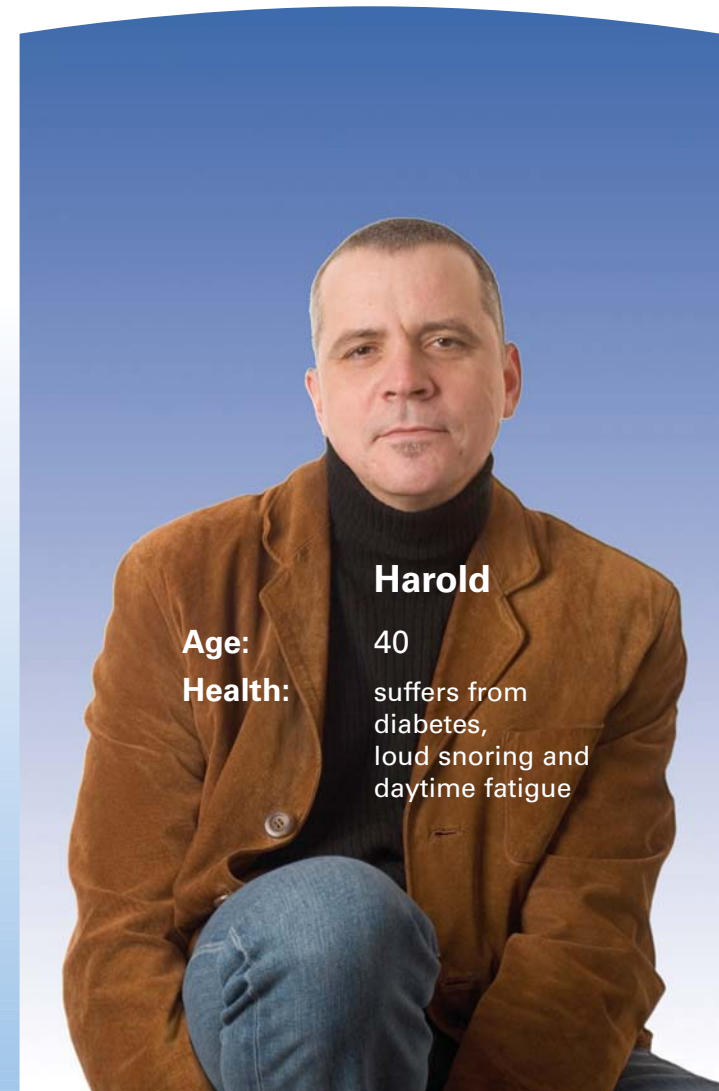
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To learn more
about sleep apnea, visit
www.healthysleepanddiabetes.com



Harold

Age:

40

Health:

suffers from diabetes, loud snoring and daytime fatigue

“The quality of my sleep has improved tremendously since using CPAP. I use it to reap the benefits of a quality night’s sleep, including increased energy and low blood glucose levels.”

Harold was finally diagnosed with sleep apnea.

For years, Harold’s wife and children joked about his loud snoring that filled every room in the house at night. The family “joke” became serious when Harold’s wife started to notice long pauses in his breathing when he slept. Harold began to notice that he lacked energy nearly every day. As an advertising executive, he worked on commercial sets and would often fall asleep during his lunch break. He was no longer able to do activities he once enjoyed, like playing with his dogs. In addition, Harold found that his diabetes was affected. He became frustrated every morning when he measured his blood glucose levels and found they were unpredictably high, requiring him to take insulin injections.

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- Loud, disruptive snoring
- Restless sleep
- Difficulty concentrating
- Depression or irritability
- Morning headaches
- High blood pressure

Many people are not even aware that they have sleep apnea. Often, a bed partner is the first to witness symptoms of sleep apnea.

Harold’s wife encouraged him to talk to his doctor about his symptoms. Harold was then referred to a sleep lab for an overnight sleep study to determine whether he suffered from sleep apnea. Sleep apnea can now also be diagnosed in the home, in addition to a sleep center.

What is sleep apnea?

Sleep apnea is a general term for breathing problems that occur during sleep. People with sleep apnea stop breathing throughout the night up to 100 times a night.

Sleep apnea affects approximately 20 million adults, and has serious negative health effects when present with other conditions.¹

If you suffer from high blood pressure, diabetes, heart trouble or are overweight, treating your sleep apnea can improve all of these conditions while making you feel better.¹⁻⁵

The good news is that sleep apnea can be treated easily!

After doing an overnight sleep test, Harold learned he had sleep apnea. Harold was prescribed continuous positive airway pressure (CPAP) therapy to regulate his breathing during sleep. CPAP treatment has made a tremendous difference in Harold’s life.

Harold has more energy now than he has had in years. At first, Harold had to get used to wearing the mask, but now he can’t imagine even napping without it. He is once again able to enjoy taking long walks with his dog and doesn’t worry that extreme fatigue will cause him to nod off during the day.

Most importantly, Harold’s morning glucose levels are under control, meaning he has been able to reduce the need for morning insulin injections. Before CPAP, his glucose levels were as high as 180mg/DL in the morning. While on CPAP therapy they have remained within the target range of <120. Harold is thankful for finding a treatment that helps provide greater control of his diabetes and a much better night’s sleep!

Sarah was finally diagnosed with sleep apnea.

For nearly 20 years, Sarah suffered from constant fatigue. She was so tired that she couldn't even manage a daily walking routine. She felt like she was "living in a fuzz all day long," so she began to eat to "wake up." The more tired she was the more she ate, thinking it would provide her energy. Sarah went from a size 10 to a size 23. The weight gain caused her to become depressed. She was ready to go back to bed 10 minutes after waking up. Her lack of energy was spiraling her life out of control.

Common signs and symptoms of sleep apnea include:

- Excessive daytime sleepiness
- Loud, disruptive snoring
- Restless sleep
- Difficulty concentrating
- Depression or irritability
- Morning headaches
- High blood pressure

Many people are not even aware that they have sleep apnea. Often, a bed partner is the first to witness their symptoms.

Sarah's breaking point came one day at work. She fell asleep at her desk 30 minutes after arriving to work. Sarah decided she no longer wanted "to miss out

on life." She went to a sleep lab for an overnight sleep test to find out what was wrong. Sleep apnea can now also be diagnosed in the home, in addition to a sleep center.

What is sleep apnea?

Sleep apnea is a general term for breathing problems that occur during sleep. People with sleep apnea stop breathing throughout the night up to 100 times per hour.

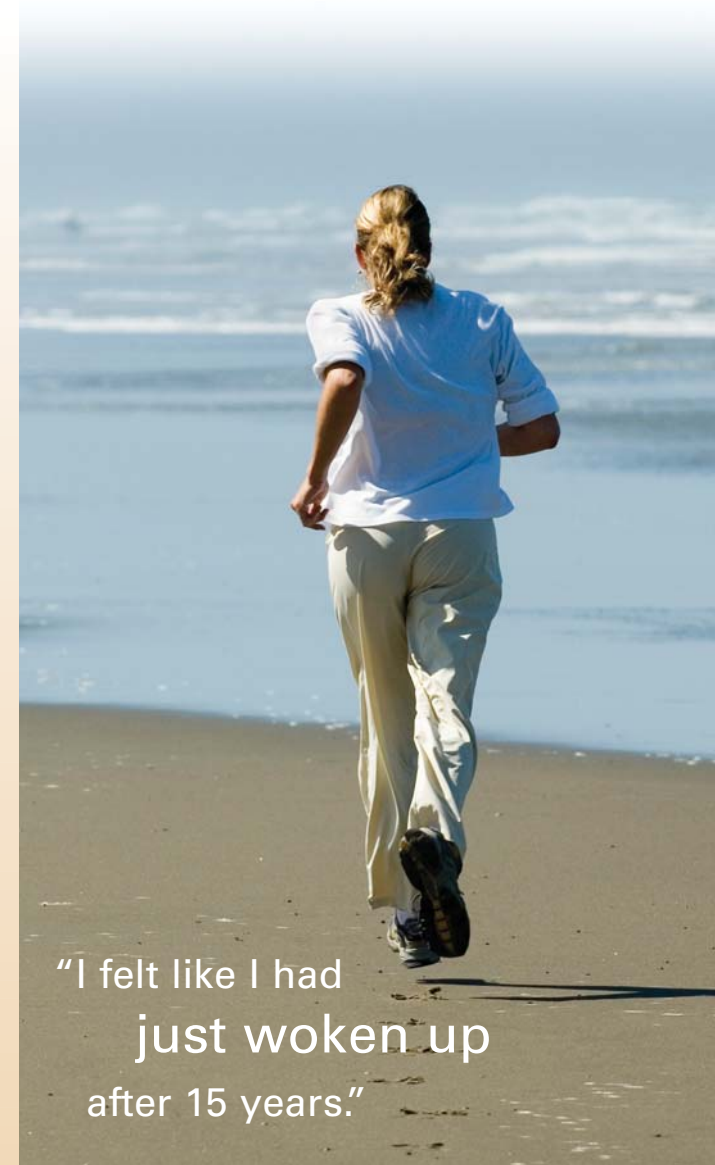
Sleep apnea affects approximately 20 million adults, and has serious negative health effects when present with other conditions.¹

If you suffer from high blood pressure, diabetes, heart trouble or are overweight, treating your sleep apnea may improve all of these conditions while making you feel better.¹⁻⁵

The good news is that sleep apnea can be treated easily!

Sure enough, the test confirmed that Sarah was suffering from sleep apnea. Her test showed that she stopped breathing 120 times per hour. She was prescribed continuous positive airway pressure (CPAP) therapy to prevent her airway from collapsing. CPAP has made a tremendous difference in Sarah's life!

Finally having enough energy to go on walks and become more active, Sarah's life changed drastically. She began eating right and exercising daily. She was no longer chronically tired. Since being prescribed on CPAP, Sarah has lost 130 lbs.



"I felt like I had
just woken up
after 15 years."

Many people are not even aware that they have sleep apnea.

Weight Loss and Sleep Apnea

What is CPAP therapy?

CPAP is the most widely accepted treatment for sleep apnea. A bedside device gently delivers pressurized air through a nasal mask or pillows system. This pressure acts like an “air splint” to keep the upper airway open and help prevent apneas. CPAP treatment does not involve drugs or surgery and helps hundreds of thousands of people worldwide enjoy healthier sleep and a healthier life. Many patients experience the benefits quickly—often after the first night of use. There is no cure for sleep apnea at this time.

To learn more
about sleep apnea, visit

www.healthysleepanddiabetes.com

“I owe my life to
that CPAP machine!”

If you think you or someone you know may suffer from sleep apnea, answer the five questions listed below.

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¹ Young et al. Epidemiology of Obstructive Sleep Apnea. A population health perspective. *AMJ of Res Crit Care Med* 2002
² Kaneko et al. Cardiovascular effects of continuous positive airway pressure in patients with heart failure and obstructive sleep apnea. *N Engl J Med* 2003
³ Babu et al. Type 2 diabetes, glycemic control, and continuous positive airway pressure in obstructive sleep apnea. *Archives of Internal Medicine* 2005
⁴ O’Keefe et al. Evidence of supporting routine polysomnography before bariatric surgery. *Obes Surgery* 2004
⁵ Javaheri et al. Sleep apnea in 81 ambulatory male patients with stable heart failure. Types and their prevalences, consequences, and presentations. *Circulation* 1999

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Sarah

Age: 40

Health: overweight,
depressed and lacks energy

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Mary no longer feels tired or takes depression medication. Her home life has improved and her husband is thrilled she has the energy to go out to dinner and play with their children.

To learn more
about sleep apnea, visit
www.healthysleep.com

"I gained a new lease on life
thanks to CPAP
and woke up from the dark
place most severe sleep apnea
patients know intimately"

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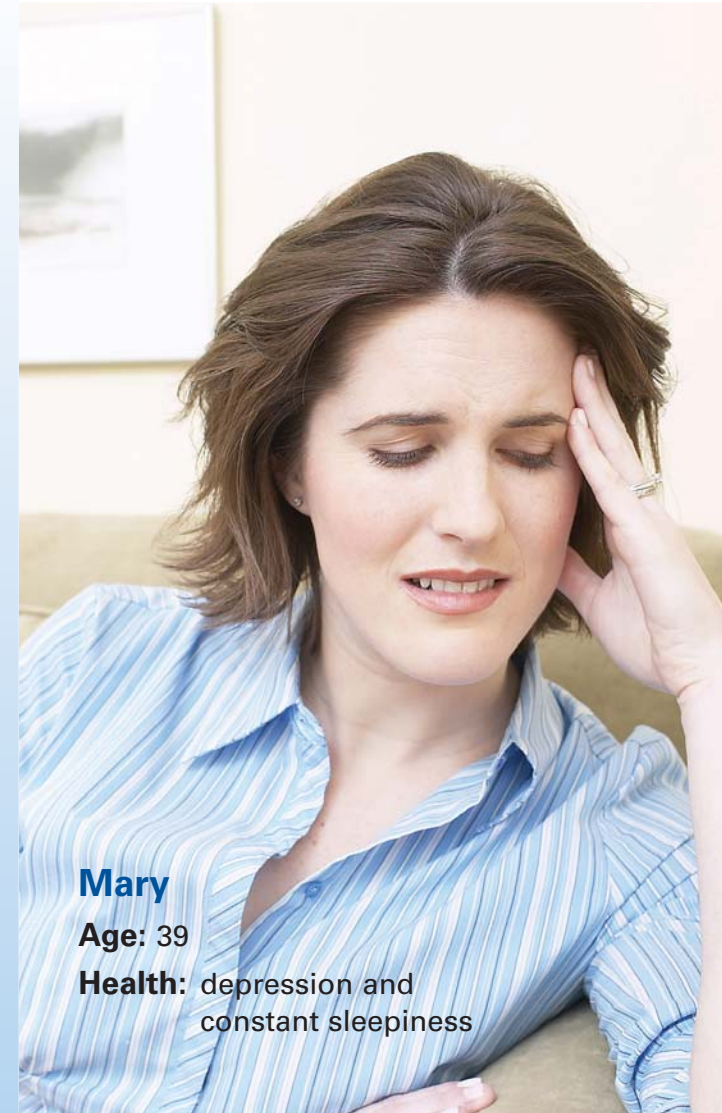
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1. Young et al. Epidemiology of obstructive sleep apnea: A population health perspective. *Am J of Res Crit Care Med* 2002
2. Javaheri et al. Sleep apnea in 81 ambulatory male patients with stable heart failure. Types and their prevalences, consequences, and presentations. *Circulation* 1999
3. Sanner et al. Effect of continuous positive airway pressure therapy on 24-hour blood pressure in patients with obstructive sleep apnea syndrome. *Am J Hypertens* 2002
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6. Becker et al. Effect of nasal continuous positive airway pressure treatment on blood pressure in patients with obstructive sleep apnea. *Circulation* 2003
7. Babu et al. Type 2 diabetes, glycemic control, and continuous positive airway pressure in obstructive sleep apnea. *Archives of Internal Medicine* 2005

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Depression and Sleep Apnea



Mary

Age: 39

Health: depression and constant sleepiness

Mary was finally diagnosed with sleep apnea.

For years, Mary had felt exhausted. She suffered from poor sleep and was a loud snorer. As she aged from her 20s to her 30s her athletic figure began to disappear because she lacked the motivation to exercise. Mary put on 55 lbs in 10 years, and she no longer had the energy for an active life. She was constantly drinking caffeine to stay awake, but even that stopped working. Mary also suffered from hyperhidrosis (constant sweating). In addition to her declining health, her family life began to suffer. Her husband and 3-year-old felt neglected because all she wanted to do was sleep. Mary became so withdrawn from life that she became depressed and assumed all of her symptoms were due to her depression.

Common signs and symptoms of sleep apnea include:

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- Loud, disruptive snoring
- Irregular breathing during sleep (eg, gasping, long pauses, shallow breathing – a spouse or partner may notice these)
- Restless sleep
- Difficulty concentrating
- Depression or irritability
- Morning headaches
- High blood pressure

Many patients are not even aware that they have sleep apnea. Often, a bed partner is the first to witness symptoms of sleep apnea.

Mary was put on the standard dosage (20 mg) of several different types of anti-depressants, including Prozac® and Celexa®. Mary felt slightly better, but felt she was looking through “smoke and mirrors” and her symptoms had not disappeared.

What is sleep apnea?

Sleep apnea is a general term for breathing problems that occur during sleep. People with sleep apnea stop breathing throughout the night up to 100 times an hour.

Sleep apnea affects approximately 20 million adults, and has serious negative health effects when present with other conditions.¹

Sleep apnea may cause symptoms of depression. Unfortunately, many physicians may be unaware of the connection between sleep apnea and depression and may lead to a misdiagnosis of depression instead of sleep apnea. If you suffer from heart failure, high blood pressure or diabetes, treating your sleep apnea may improve all of these conditions in addition to making you feel better.²⁻⁷

The good news is that sleep apnea can be treated easily!

Finally, Mary had a good night's sleep. She slept upright on an airplane ride to Brazil, and didn't even snore that night. (Sleep apnea worsens when patients sleep on their back.) This helped Mary realize that her symptoms were due to a lack of sleep and not depression. Mary finally consulted a doctor who specialized in sleep disorders, and had an overnight study to diagnose her sleep apnea. (Sleep apnea can now be diagnosed in the home in addition to a sleep center.)

Mary was prescribed a continuous positive airway pressure (CPAP) machine for her condition. After starting therapy, her quality of life improved immediately. Mary felt amazing after her first night on therapy. Her sleep apnea had completely

disappeared. In addition, after one week of therapy Mary felt so much better that she began withdrawing from her depression medication. For the last three years since Mary has been on CPAP, her life has changed drastically. She has ceased taking depression medication and no longer feels depressed. She has renewed energy and eliminated most of the caffeine consumption from her diet. She has also lost 20 lbs because she now has the energy to exercise.

