

Sleepy? Snoring? Always tired?

SLEEP APNEA:

A sleep disorder characterized by abnormal pauses in breathing or episodes of shallow breathing during sleep. The most common type of sleep apnea is Obstructive Sleep Apnea (OSA).

HOW TO RECOGNIZE OSA

5 second SLEEP APNEA test

1 ARE YOU TIRED DURING THE DAY?

2 DO YOU SNORE?

3 HAVE YOU BEEN TOLD YOU STOP BREATHING DURING SLEEP?

IF YOU'VE ANSWERED YES TO TWO OR MORE OF THESE QUESTIONS, ASK YOUR DOCTOR ABOUT SCREENING FOR SLEEP APNEA.

OTHER SYMPTOMS INCLUDE:

Gasping or choking during sleep

Frequent night-time urination

Difficulty concentrating

Depression or anxiety

Large neck circumference
[>18 inches men, >17 inches women]

Family history of OSA

OSA STATISTICS

>> RISK FACTORS

BASED ON THE PRESENCE OF 3 OR MORE OF THE FOLLOWING RISK FACTORS, **1 IN 4** CANADIAN ADULTS WERE AT HIGH RISK FOR HAVING OSA: **[26%]**

SNORING LOUD ENOUGH TO BE HEARD BEHIND CLOSED DOORS

OFTEN FEELING TIRED, FATIGUED OR SLEEPY DURING THE DAYTIME

HAVING BEEN OBSERVED TO STOP BREATHING DURING THEIR SLEEP

HAVING BEEN DIAGNOSED WITH HIGH BLOOD PRESSURE

HAVING A BODY MASS INDEX (BMI) GREATER THAN 35 KG/M

BEING OVER THE AGE OF **50** years

BEING MALE

COMORBIDITIES

>> PREVALENCE OF OSA WITH OTHER DISORDERS



INTERESTING FACTS

>> DID YOU KNOW?

Roughly **860,000** Canadians reported being told by a health professional that they have some form of Sleep Apnea.

70% OF ALL MEN WITH SUSPECTED OSA SUFFER FROM ERECTILE DYSFUNCTION

OSA has been identified in persons as far back as **360 BC**

Over **75%** of people with OSA go undiagnosed.

Untreated patients are **6x** more likely to be in motor vehicle accidents

Untreated OSA patients will require **2 times** the health care costs of those who are treated.

FAMOUS PEOPLE WHO HAVE HAD IT: HENRY VIII, NAPOLEON & QUEEN VICTORIA

