



SLEEP APNEA, MORE COMMON THAN YOU THINK!

Sleep apnea affects nearly 54 million adults in the U.S., yet about 80% of all adults with Obstructive Sleep Apnea (OSA) remain undiagnosed.^{1,2}

What is Sleep Apnea?

Sleep apnea occurs when you are not breathing sufficiently to maintain your oxygen levels. These breathing events put stress on your heart and brain function and may have a negative impact on your health over time.

THE THREE MAIN TYPES ARE:

Obstructive Sleep Apnea (OSA) – A condition where breathing repeatedly stops and starts during sleep due to a narrowing or closing of the airway.

Central Sleep Apnea (CSA) – A sleep disorder where the brain briefly stops sending signals to the muscles that control breathing.

Mixed or Complex Sleep Apnea – A combination of OSA and CSA.

Health risks associated with sleep apnea may include:

- High blood pressure
- Coronary artery disease, stroke, and heart failure
- Heart rhythm abnormalities (such as atrial fibrillation)
- Pre-diabetes and diabetes
- Depression and anxiety
- Hormonal imbalances (erectile dysfunction)
- Motor vehicle accidents



After Testing and Diagnosis, Sleep Apnea can be Successfully Treated

Meet with your doctor to better understand your potential for sleep apnea, associated risks, and available treatments to help you improve your symptoms and quality of life.

You are on the right path to better sleep and a healthier you!



ZOLL



Scan the QR code to review the frequently asked questions regarding sleep apnea.

¹ Frost & Sullivan, "Hidden Health Crisis Costing America Billions: Under-diagnosing and Undertreating Obstructive Sleep Apnea Draining Healthcare System," (American Academy of Sleep Medicine, 2016), <https://aasm.org/resources/pdf/sleep-apnea-economic-crisis.pdf>

² Adam V. Benjafield, et al. "Estimation of the global prevalence and burden of obstructive sleep apnoea: a literature-based analysis," THE LANCET Respiratory Medicine (Elsevier Ltd, July 9, 2019), [https://www.thelancet.com/journals/lanres/article/PIIS2213-2600\(19\)30198-5/abstract](https://www.thelancet.com/journals/lanres/article/PIIS2213-2600(19)30198-5/abstract)

Review Sleep Apnea Results with Your Doctor

Treatment can help restore normal breathing during sleep, reducing stress on your heart, and improving symptoms, and your quality of life.

Hear firsthand from your colleague how sleep apnea treatment can improve not just your sleep, but your overall quality of life.

In addition to lifestyle modifications, your doctor may discuss specialized sleep apnea treatment options such as:

- Oral appliance therapy
- Positional therapy
- Positive airflow such as (CPAP/APAP)
- Implantable devices
- Surgical options



"The changes immediately following using the CPAP were remarkable. My blood pressure dropped. My snoring stopped. My energy levels went through the roof."

Manu Robertson
CMS Territory Manager

Source: Alyson's Spotlight: June 2024



Scan the QR code to hear more!

Tips for Better Sleep

With or without sleep apnea – there is always room for better sleep. Try these tips:

- Skip heavy meals, caffeine, and alcohol before bed
- Keep your bedroom quiet, dark, and cool
- Reduce screen brightness at night
- Follow a consistent sleep schedule

Improve Your Sleep with Healthy Hearts! Healthy You!

Making lifestyle changes to support quality sleep can take time. ZOLL's free Wellness Program, Healthy Hearts! Healthy You!, offers personalized programs, confidential support, and guidance with a Health Coach. All ZOLL U.S. employees and their spouses can participate at no cost. You do not need to be enrolled in a ZOLL medical plan to participate.

Meet with a Health Coach

- Better understand sleep apnea and risks for chronic conditions.
- Review the treatment plan from your doctor and develop a personalized wellness plan to help you meet your goals.

Educate yourself on the importance of sleep

- Access a library of sleep health topics and self assessments available 24/7.

Participate in the Sleep Well Daily Habit Plan

- Assess your sleep health such as difficulty falling asleep, restlessness, exhaustion, etc.
- Learn tips for better sleep habits, including:
 - » Setting a bedtime and sticking to it.
 - » Creating a space that encourages sleep.
 - » Avoiding late night stimulants.



HEALTHY HEARTS!
HEALTHY YOU!



Scan the QR Code to visit the Healthy Hearts! Healthy You! Portal to learn more.