Important Facts about Obstructive Sleep Apnea (OSA)

- According to the National Sleep Foundation, approximately 18 million Americans have OSA.

- The annual medical costs resulting from untreated OSA are estimated at $3.4 billion.¹

- The consequences of untreated OSA range from disruptive to life-threatening. Disruptive consequences include daytime fatigue, depression, irritability, sexual dysfunction, learning and memory difficulties, and falling asleep while at work, on the phone or driving. Life-threatening consequences include development of systemic hypertension, congestive heart failure, stroke, irregular heart rhythms, cardiovascular disease and diabetes.

- It is estimated that about one third of all patients with heart failure have OSA.²

- Individuals with sleep apnea are at twice the risk of having a traffic accident as unaffected individuals³; the higher the apnea-hypopnea index, the higher the risk.⁴

- One study showed that approximately 980 lives could potentially be saved and more than $11 billion in automobile accident costs could be avoided if drivers who experience OSA received successful sleep apnea treatment.⁵

- Treatments for OSA include weight loss, Continuous Positive Airway Pressure (CPAP), oral appliances and surgeries. CPAP, applied through a nasal mask, is the current standard of treatment for OSA. However, several recent studies show that CPAP compliance can be as low as 50 percent because of the nasal mask constriction, discomfort and inconvenience.⁶

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• Studies have also indicated that as many as 25-54 percent of patients abandon CPAP therapy entirely, and even among patients who utilize CPAP, average compliance is only 4-5 hours a night 4-5 nights a week. 

Safety information for Inspire therapy is provided at [www.inspiresleep.com](http://www.inspiresleep.com). Inspire therapy is not for everyone. Information at this site should not be used as a substitute for patients talking with their doctor. Patients are encouraged to review this safety information and talk with their doctor about diagnosis and treatment options.

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