

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.healthysleep.com

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

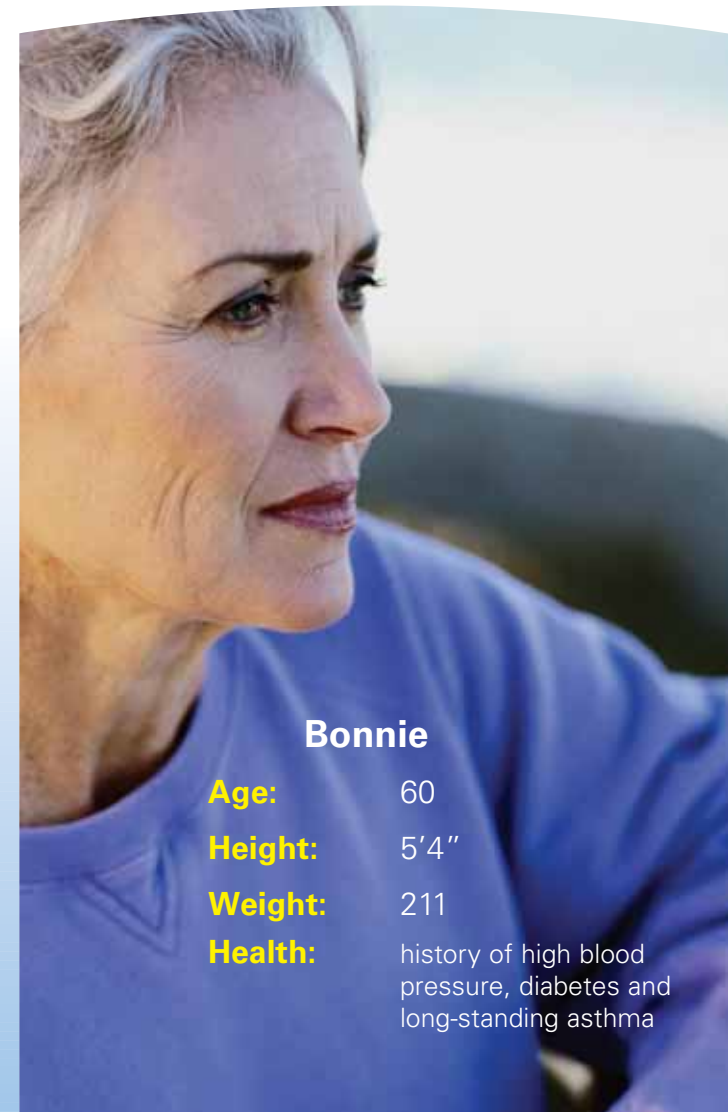
If you answer yes to three or more questions, you should discuss your symptoms with your doctor.

- 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)?

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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

Height: 5'4"

Weight: 211

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

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.

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

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!

