

# DON'T SLEEP ON THE SIGNS OF OBESITY AND OBSTRUCTIVE SLEEP APNEA



My health  
on my terms

Nearly 24 million US adults, aged 30-69, have moderate-to-severe obstructive sleep apnea (OSA), a sleep breathing disorder<sup>a,1</sup>

Obesity is one of the biggest risk factors for OSA – in fact, 1 in 3 people with obesity also have moderate-to-severe-OSA.<sup>a,b,2</sup>

## Common Signs of OSA



Snoring<sup>3-5</sup>



Waking up feeling tired<sup>4,5</sup>



Feeling down or depressed<sup>4,6</sup>



Morning headaches<sup>4,5</sup>



Brain fog or trouble focusing<sup>4-6</sup>

## OSA's Potential Impact on Health and Safety

**140%** higher risk of heart failure<sup>7</sup>

**30%** higher risk of coronary heart disease<sup>7</sup>

**60%** higher risk of stroke<sup>7</sup>

**83%** increased risk of injury<sup>8</sup>

People with OSA have a 2.5x higher risk of motor vehicle accidents<sup>9</sup>



Learn about the health potential impacts of sleep disturbances and weight at [www.TheWeightofSleep.com](http://www.TheWeightofSleep.com) and talk to your doctor about OSA and obesity.

<sup>a</sup>Based on Apnea-Hypopnea Index criterion of 15 events per hour. <sup>1b</sup>Obesity defined as BMI 30.9 kg/m<sup>2</sup> for men and 31.7 kg/m<sup>2</sup> for women.<sup>3</sup>

1. Benjafield AV, et al. *Lancet Respir Med.* 2019;7(8):687-698. 2. Messineo L, et al. *Sleep Med Rev.*2024;78:101996. 3. Chang JL, et al. *Int Forum Allergy Rhinol.* 4. [www.mayoclinic.org/diseasesconditions/obstructive-sleepapnea/symptoms-causes/syc-20352090](http://www.mayoclinic.org/diseasesconditions/obstructive-sleepapnea/symptoms-causes/syc-20352090). Accessed October 9, 2024 5. Meyer EJ, Wittert GA. *J Clin Endocrinol Metab.* 2024;109(3):e1267-e1279. 6. Kerner NA, Roose SP. *Am J Geriatr Psychiatry.* 2016;24(6):496-508. 7. Jean-Louis G, et al. *J Clin Sleep Med.* 2008;4(3):261-272. 8. Cheng AC, et al. *Int J Environ Res Public Health.* 2021;18(24):13416. 9. Sassani A, et al. *Sleep.* 2004;27(3):453-458.