

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



My health
on my terms

OSA's Potential Impact on Health and Safety



1.4x higher risk of falls¹

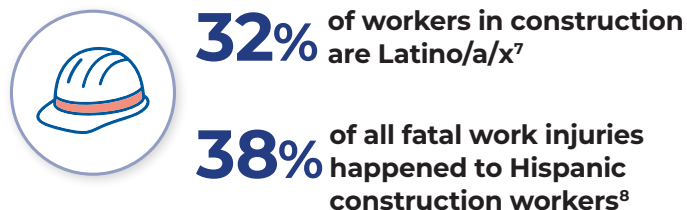


2.5x higher risk of car accidents²

Many Latino/a/x adults with moderate-to-severe^a obstructive sleep apnea (OSA) may be undiagnosed³



Many Latino/a/x workers are in the transportation and construction industry where there are high rates of workplace injuries⁶



Learn about the potential health impacts of sleep disturbances and weight at www.TheWeightofSleep.com and talk to your doctor about obesity and OSA.

^a≥15 respiratory event index events per hour.³ ^bObesity was defined as BMI ≥30 kg/m².⁴

1. Cheng AC, et al. *Int J Environ Res Public Health*. 2021;18(24):13416. 2. Sassani A, et al. *Sleep*. 2004;27(3):453-458. 3. González KA, et al. *Sleep*. 2021;44(12):zsab181. 4. Shah NA, et al. *Am J Respir Crit Care Med*. 187;2013:A5002. 5. Ogden CL, et al. *JAMA*. 2014;311(8):806-814. 6. <https://www.bls.gov/charts/census-of-fatal-occupational-injuries/number-and-rate-of-fatal-work-injuries-by-occupation.htm>. Accessed October 30, 2025. 7. <https://www.bls.gov/opub/ted/2015/hispanics-and-latinos-in-industries-and-occupations.htm>. Accessed July 17, 2025. 8. Trueblood AB, et al. *CWPR*. 2024. 9. US Bureau of Labor Statistics. USDL-24- 2564. 2024.