



What is Sleep Apnea?

Sleep apnea is a general term for breathing problems that occur during sleep. It affects approximately 20 million adults and has serious negative health effects when present with other conditions.

Health Problems Linked to Sleep Apnea

- **Type 2 Diabetes:** Approximately 48% of patients with type 2 diabetes suffer from sleep apnea
- **Obesity:** Over 77% of morbidly obese patients have sleep apnea
- **Hypertension:** It's estimated that greater than 85% of patients with refractory hypertension have sleep apnea
- **Heart Disease:** Approximately 76% of congestive heart failure patients have sleep apnea
- **Stroke Risk:** Moderate to severe sleep apnea triples stroke risk in men

Consequences of Untreated Sleep Apnea

High Blood Pressure

Depression

Stroke

Sexual Dysfunction

Cardiac Arrhythmia

Increased Mortality Risk

Heart Attack

Greater Hospitalization Costs

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