

# A COMPLETE AND TOTAL

# Snorefest

AMERICANS ARE WAKING UP  
TO THEIR SLEEP ISSUES

When asked to choose between a great night out and a great night's sleep, a decisive **72 PERCENT** of both men and women chose staying in and catching some ZZZs.

Check out some of the surprising things that might be getting in the way of your good night's sleep — and find out how you can seek help.

- Snoring is interrupting the sleep of 84% of Americans and their bed partners.
- Men are twice as likely as women to say their bed partner leaves the room to escape their snoring.
- However, 65% of couples still choose to suffer through a sleepless night instead of leaving the bedroom or seeking solutions.

*Snoring is one of the leading symptoms of **SLEEP-DISORDERED BREATHING** — A general term for a group of disorders characterized by pauses in breathing during sleep, the most common of which is **SLEEP APNEA**.*

Sleep apnea is a chronic disease that can interrupt the sleep of severe sufferers up to a hundred times or more per hour by the body fighting to breathe.



Sleep apnea can be a life-threatening disorder. If treated, you can live a healthy, active life. If untreated, you have a higher chance of serious health problems such as:



**DIABETES** One in two people with type 2 diabetes also suffer from sleep apnea. Studies show that sleep apnea may affect the body's ability to use glucose and insulin.<sup>2</sup>

**HIGH BLOOD PRESSURE** One in three people with high blood pressure also have sleep apnea. Sleep apnea is strongly linked with hypertension, regardless of other risk factors. Treating sleep apnea may lower blood pressure and benefit your heart.<sup>3</sup>

**HEART DISEASE** Sleep apnea can place a patient at higher risk for heart disease and stroke.

**OBESITY** Increased energy from treating sleep apnea may help in exercise, leading to weight loss.

Women can present different sleep apnea symptoms than men and are more likely to suffer from nonspecific symptoms such as insomnia and morning headaches. Women with sleep apnea also have a higher risk of depression and dementia.<sup>4</sup>

The majority of Americans want sleep. Yet approximately 46 million adult Americans suffer from obstructive sleep apnea and fewer than 15 percent are being treated<sup>5</sup>. ResMed, the #1 mask brand preferred by patients<sup>6</sup>, wants to encourage patients who might be affected to seek testing and treatment for sleep apnea.

The first step in getting help is as easy as a quick five-question screening test, after which you'll know whether it is time to visit your physician for a more in-depth diagnosis.



Visit the Patients & Families section at ResMed.com to take the screening test

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#### SOURCES:

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- 6). Combined responses of those expressing a preference in an independent patient survey in the USA, UK, Germany, France & Australia, from September 2012. Visit [www.resmed.com/maskbrand](http://www.resmed.com/maskbrand)

<http://www.sleepfoundation.org/article/ask-the-expert/women-and-sleep-apnea>  
<https://www.wakeuptosleep.com/are-you-at-risk/take-a-sleep-quiz/>