American Heart Association®
Reduce Your Risk™

What is Obstructive Sleep Apnea?

Obstructive sleep apnea, or OSA, is a common sleep disorder that affects breathing. When the throat muscles relax during sleep, they can block airflow and make it harder to breathe. Breathing may stop and start many times during sleep.

These changes can lower oxygen levels and disrupt sleep. Over time, poor sleep and changes in oxygen may affect energy, mood, thinking, heart health and overall well-being.

Talk with a healthcare professional to help determine what is causing your symptoms.

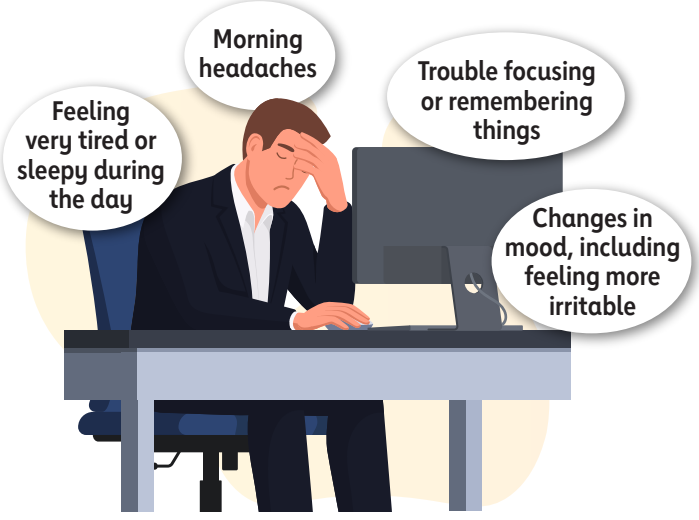
OSA may affect up to
1 BILLION
adults worldwide
and some may not know they have it.

Because the breathing changes happen during sleep, the signs can be easy to miss. You may feel tired, have trouble focusing or not feel rested after sleep. A family member, caregiver or sleep partner may be the first to notice snoring, gasping or pauses in breathing.

Paying attention to signs during the night and day can help you notice a possible sleep problem.

Common symptoms of OSA:





These signs do not always mean you have OSA.

Sleep is a part of overall health.

Healthy sleep gives the body and brain time to rest and recover. It supports heart health, brain health, mood, energy and overall well-being.

With OSA, repeated changes in breathing and oxygen can put added stress on the body.



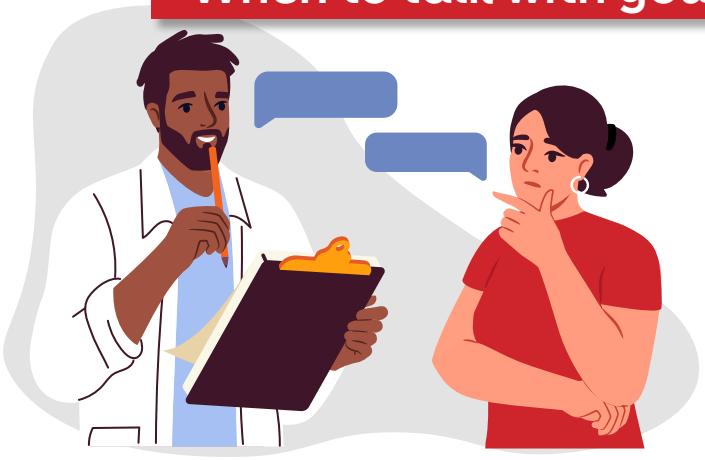
OSA can contribute to health conditions such as:

- High Blood Pressure
- Stroke
- Coronary Artery Disease
- Heart Failure

The good news is that OSA can be diagnosed and treated.

Treatment can support better sleep and better overall health.

When to talk with your healthcare professional.



Talk with a healthcare professional if sleep changes continue, affect your daily life or include signs such as loud snoring, gasping or pauses in breathing.

Your healthcare professional can discuss your symptoms and health history and check to see if a sleep test is needed. If you have OSA, they can help you understand your treatment options.

Talk with your healthcare professional today.

Learn more at heart.org/OSA.

Lilly is a proud supporter of the American Heart Association's Obstructive Sleep Apnea Project.

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