

# Are you catching your Zzzzs?

To survive, humans need sleep. It's as essential as food, water and oxygen.



Experts say  
**adults need  
7-9 hours**  
of sleep a night

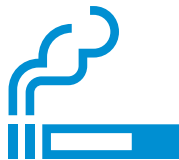
Many times it's difficult to get the recommended amount, whether because of busy schedules, trouble falling asleep or physical conditions, such as obstructive sleep apnea (OSA).



**70 million**  
Americans suffer from chronic sleep problems<sup>1</sup>

Current smokers are

**3X**



more likely to have OSA than past or never smokers<sup>1</sup>

An estimated

**80%**



of moderate-to-severe OSA cases have gone **undiagnosed**<sup>2-4</sup>

Average lifespan



58 years for patients with untreated OSA<sup>5</sup>



78 years for men



83 years for women

## Signs and Symptoms of Sleep Disorders



Large Neck Size



Excessive Daytime Sleepiness



Nighttime Gasping, Choking or Coughing



Lack of Energy



Morning Headaches



Frequent Urination at Night



Depression



Snoring



People with moderate to severe sleep apnea have an **up to 15-fold increase of being involved in a traffic accident**<sup>7</sup>



**9% of middle-aged women and 25% of middle-aged men suffer from OSA**<sup>6</sup>

We have a comprehensive sleep program that can help you get diagnosed and treated sooner.

To make an appointment with a sleep specialist or to schedule a sleep study, call **888.689.2037**. Visit [summahealth.org/sleep](http://summahealth.org/sleep) to learn more.

1. Center for Disease Control and Prevention. Sleep and Sleep Disorders 2014. [http://www.cdc.gov/sleep/about\\_us.html](http://www.cdc.gov/sleep/about_us.html) Accessed 9-29-2016.

2. Kapur V, Strohl KP, Redline S, Iber C, O'Connor G, Nieto J. Underdiagnosis of sleep apnea syndrome in U.S. communities. *Sleep Breath*. 2002;6:49-54.

3. Young T, Evans L, Finn L, Palta M. Estimation of the clinically diagnosed proportion of sleep apnea syndrome in middle-aged men and women. *Sleep*. 1997;20:705-706.

4. Young T, Skatrud J, Peppard PE. Risk factors for obstructive sleep apnea in adults. *JAMA*. 2004;291:2013-2016.

5. Toronto Western Hospital, University Health Network University of Toronto. STOPBang.ca <http://www.stopbang.ca/osa/general.php> Accessed 9-29-2016.

6. Marshall et al. *Sleep* 2008

7. Horstmann et al. *Sleep* 2000