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

70 million Americans suffer from chronic sleep problems

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).

Current smokers are 3X more likely to have OSA than past or never smokers

An estimated 80% of moderate-to severe OSA cases have gone undiagnosed

Average lifespan

58 years for patients with untreated OSA
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 Urimination 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

9% of middle-aged women and 25% of middle-aged men suffer from OSA

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 to learn more.

7. Horstmann et al. Sleep 2000