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## 2009 UPDATE AND FAST FACTS

- **At Home Diagnostics was awarded accreditation by The Joint Commission! The accreditation process ensures that At Home Diagnostics provides safe, high-quality services. Services include: HOME SLEEP TESTING; OXYGEN QUALIFYING AND MONITORING. Call 919.521.4613 for more info.**



- **IMPORTANT SLEEP FACTS:**

- Sleep apnea is as prevalent as adult diabetes and asthma. According to the National Institutes of Health (NIH), approximately **18 million Americans, or roughly 20 percent of the U.S. adult population, suffer from sleep apnea.**
- As many as **90 percent of all OSA cases remain undiagnosed.**
- The consequences: **Disruptive consequences include daytime fatigue, depression, irritability, sexual dysfunction, learning and memory difficulties, and falling asleep while at work, on the phone or driving. Life-threatening consequences include congestive heart failure, stroke, irregular heart rhythms, cardiovascular disease and fatal car accidents.**
- It is estimated that about **one third of all patients with heart failure have obstructive sleep apnea**, according to a report in the *New England Journal of Medicine*.
- OSA sufferers are **three times more likely to have automobile accidents** than non-sufferers.
- The recognized obstructive sleep apnea symptoms include: **loud snoring, nocturnal gasping and choking during sleep, excessive daytime sleepiness, morning headaches, memory or learning problems, irritability, lack of concentration, mood swings or personality changes, dry throat upon awakening, witnessed apneas and frequent urination.**
- Signs that a person may be susceptible for OSA include: **loud snoring, being 20 to 30 pounds overweight, having high blood pressure, having a crowded posterior airway, congestion caused by hay fever and other allergies, a short, thick neck, or a family history of sleep apnea.**
- During an average night's sleep, **an obstructive sleep apnea sufferer may experience 60 apneas an hour, or 400 per night.**
- Studies have shown that **the partners of OSA sufferers can lose up to one hour of sleep per night** due to their bed partner's loud snoring and apneas.

--Source: SleepApneaInfo.com