

THE FACTS: Obstructive Breathing Disorders & Obstructive Sleep Apnea

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- Sleep disordered breathing in various manifestations is arguably the number one health problem throughout the world
 - William C. Dement – Father of Sleep
- The average amount of sleep a person needs is 7.7 hours per night
- Drop from 7 hours of sleep to 5 hours creates double the risk of cardiovascular death
- Over 40% of Americans regularly sleep less than 5 hours per night
- Sleep Breathing Disorders increase dramatically with age
- Approximately one third of adults have insufficient sleep syndrome
- Snoring is not normal and should never occur
 - Dr. David Gozal M.D.
- 40% of adults over age 40 snore
 - Dr. Steve Olmos. D.D.S.
- 60-80% of those snoring will test positive for obstructive sleep apnea
- 7-13% of all pre-school children snore
 - Dr. David Gozal M.D.
- Obstructive sleep apnea is present in 2-3% of those children
- Obstructive sleep apnea may be responsible for a 10 point drop in IQ
 - Dr. David Gozal M.D.
- In 297 poorly performing first graders the incidence of obstructive sleep apnea was 6-9 time more frequent than the normal group
 - Dr. David Gozal M.D.
- 20% of adults report chronic insomnia
- 17-20% of adults have obstructive sleep apnea
- Estimated 15 million Americans have obstructive sleep apnea; up to 90% of them remain undiagnosed
- 103 million Americans fall asleep at the wheel each year; 1550 deaths are related to obstructive sleep apnea
- One third of patients with coronary artery disease have obstructive sleep apnea
- 65-80% of stroke victims have sleep apnea
 - Dr. John Remmers, M.D.
- 15% of obstructive sleep apnea patients have diabetes compared to 3% of the general population
- Cardiovascular risks related to obstructive sleep apnea – Systemic Hypertension, Cardiac Arrhythmias, Myocardial Infarction/Ischemia, and Artherosclerosis

- Independent predictors of Myocardial Infarction: Over weight 7.1x more likely, Hypertension 7.8x more likely, Smoking 11.1x more likely, obstructive sleep apnea 23.3x more likely
- Moderate to severe obstructive sleep apnea patients are 3-4 time more likely to have a stroke within the next 4 years
- Obstructive sleep apnea patients are 2.5-3 times more likely to develop diabetes
- 17% of adults have obstructive sleep apnea; 95% are undiagnosed; obesity is a dominate factor in 50% of cases
- Sleep apnea will be the most common chronic disease in industrialized countries
- Dr. John Remmers, M.D.
- 90% of obstructive sleep apnea patients suffer from hypertension
- Dr. Steve Olmos. D.D.S.
- Untreated obstructive sleep apnea results in a 20% reduction of life expectancy