

The Consequences of Untreated Obstructive Sleep Apnea

Obstructive Sleep Apnea (OSA) affects up to **30% of Canadian adults** over the age of 45 years. Here are some ways that obstructive sleep apnea can affect other systems.

STROKE

Patients with moderate to severe OSA were nearly 3x more likely to have a stroke. OSA is often found in patients following a stroke. Risk of stroke rises with severity of OSA.

LOUD SNORING

Often louder as severity increases. Worsening relationship issues

STRESS ON THE HEART

Hypertension

Sleep apnea is an identifiable cause of hypertension. OSA is the leading cause of secondary hypertension.

Coronary Artery Disease

Cardiac Arrhythmias

Patients are 4x more likely to have atrial fibrillation.

Congestive Heart Failure

Moderate and severe OSA have increased mortality rates.

Sudden Death

OSA sufferers have 30% higher risk of heart attack or premature death. Hypoxic burden greater than 55 increases risk of CV mortality.

DAYTIME SLEEPINESS

7-fold increase of car accidents
Impaired concentration and memory loss
Reduced work efficiency
Reduced alertness
Slower reaction time

POOR SLEEP

May not be aware of poor sleep quality
Morning headaches

MOOD DISTURBANCE

Depression, anxiety
Loss of motivation
Shortened attention span
Moodiness, bad temper

GASTROESOPHAGEAL REFLUX DISORDER

Possible treatment options include weight loss, medications, OSA management

DIABETES TYPE II

Treating OSA may help reduce refractory nature of diabetes

OBESITY

As sleep shortens or quality diminishes, appetite for high calorie food increases. Approximately 80% of OSA patients are overweight.

NOCTURIA

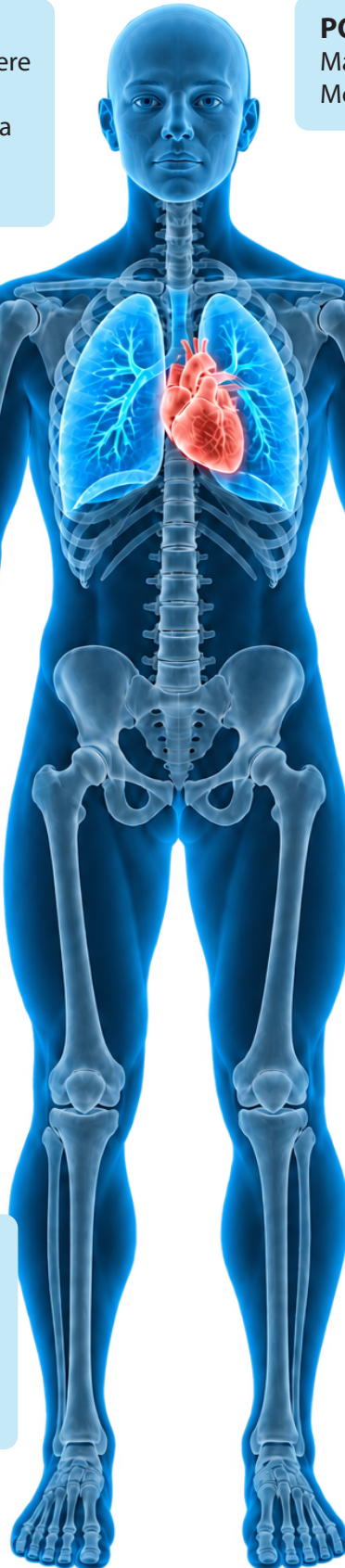
Frequent urination

SEXUAL DYSFUNCTION

Lower hormone levels
Loss of libido

CHRONIC PAIN

Up to 80% of patients with fibromyalgia have OSA.
75% of patients treated with moderate to high doses of opiates have OSA.



Speak with your health care provider if you are struggling with any of these conditions.



THE BREATH FACTORY

YOUR SNORING AND APNEA SOLUTIONS

thebreathfactory.ca

Do any of these symptoms sound familiar?

If you recognize any of these health concerns, it may be time to take a closer look at your sleep.

We can help!

A) GETTING TESTED.... AT HOME!

Complete a convenient home sleep test in your own bed. Our team will explain how to use the equipment and ensure a successful result.

B) UNDERSTANDING YOUR RESULTS

We'll help you understand your results, answer your questions and explain the next steps. We will coordinate with your health care provider.

C) GET PERSONALIZED SUPPORT

We offer different sleep solutions depending on your findings, from snoring solutions to CPAP therapy.

Our Sleep Treatments Include

Snoring day time therapy: Excite OSA therapy

Positional Therapy: Sleep Noodle

Insomnia: Cognitive behavioural therapy with our partner SLEEPWORKS

CPAP Therapy: We have a full range of CPAP and BIPAP devices and a large selection of masks to fit multiple facial profiles.

Airway Analysis: We can have you assessed by one of our Ear, Nose and Throat physicians to check your airway to find causes of obstruction and snoring.

Get a better sleep tonight and start living your life!