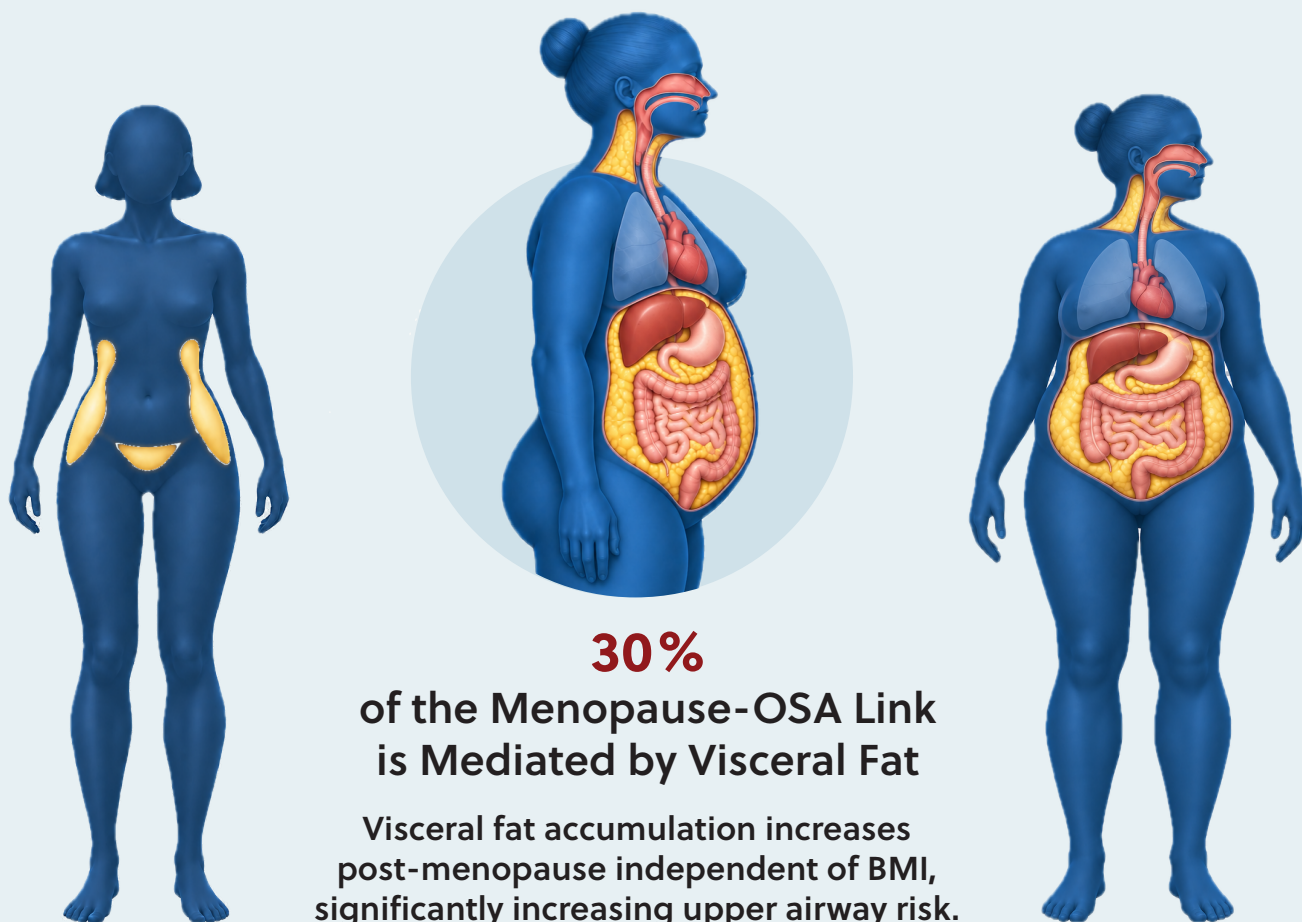


Menopause and Obstructive Sleep Apnea Beyond BMI and Typical Symptoms



Prevalence and Risk Across Menopausal Stages (vs. Adult Men)		
Patient Profile	OSA Prevalence	Hypertension Odds Ratio
Premenopausal Women	~ 0.6%	1.0 (Reference)
Postmenopausal (NoHRT)	~ 2.7% - 5.5%	1.63
Adult men	~ 3.9% - 7.2%	N/A



Identify Atypical Female Symptoms



• Insomnia



• Fatigue



• Depression



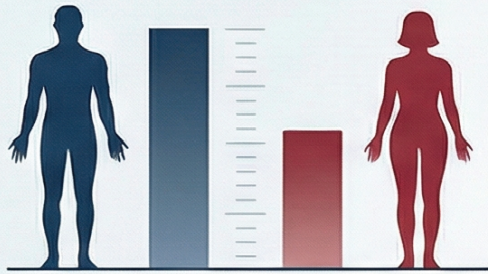
• Nocturia



• Nocturnal Enuresis
(present in 1.7% of postmenopausal cohorts)

THE BREATH FACTORY

YOUR SNORING AND APNEA SOLUTIONS



3.3:1
(Male:Female OSA)

2.7%–5.5%
Prevalence
(Postmenopausal)

The Gender Gap Narrows Postmenopause

The 3.3:1 male-to-female OSA ratio diminishes as prevalence in postmenopausal women reaches 2.7%–5.5%.



Hormonal Protection Declines

Estrogen and progesterone loss destabilizes ventilation, but HRT is not currently recommended for treatment.

STOP-BANG — a fast OSA risk screen

- | | |
|--|---------------------------------------|
| S Snore loudly? | B BMI > 35 kg/m ² ? |
| T Tired / sleepy by day? | A Age > 50? |
| O Observed to stop breathing? | N Neck circumference > 40 cm? |
| P Pressure — treated for high BP? | G Gender — male? |

Low 0–2

Int. 3–4

High 5–8

≥ 3 positives: test. In women, screen on symptoms too.

Next step: test, don't assume

A home sleep apnea test (HSAT) is a simple, at-home overnight study — the practical first step for a symptomatic or hypertensive woman through the menopause transition.

Refer for surgeon-led assessment

STOP-BANG ≥ 3 • HSAT • treat