



# Sleep apnea: a condition too important not to understand



**1 billion** people have obstructive sleep apnea (OSA)<sup>1</sup>, but **80%** of moderate and severe OSA cases go undiagnosed<sup>2</sup>.

Despite its prevalence, obstructive sleep apnea (OSA) is not well understood – even among those who have the condition.



The OSA risk factor most often identified is being overweight/ obese, but only about half of those with OSA selected it (**51%**)



Only **53%** recognize OSA can be tied to serious conditions such as high blood pressure, diabetes, asthma, heart disease, and strokes<sup>3</sup>

Even when aided, survey participants were not able to consistently identify risk factors for OSA.



Only **47%** recognize overweight/obesity as a risk factor



Only **25%** of people believe that anyone can get OSA.

## Common misunderstandings

**30%** of people with sleep apnea believe it's not necessary to be treated.



Only **36%** of sleep apnea patients use CPAP at least once a week.

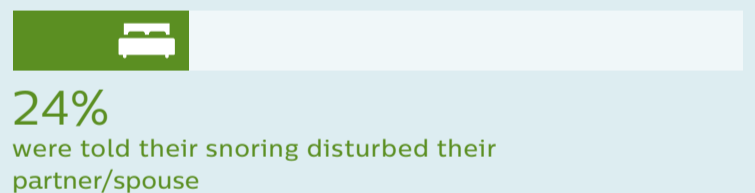
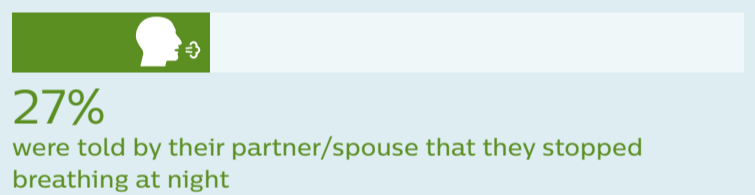
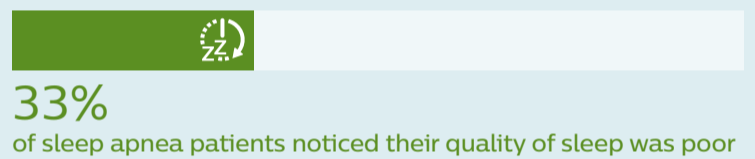
**17%** of sleep apnea patients who have been prescribed CPAP do not use it.



Yet, if used properly, CPAP therapy is highly effective at treating OSA<sup>4</sup>.

## Coming into the know

It's time to start understanding how to identify the warning signs of OSA:



To help understand sleep issues, use the SmartSleep Analyzer tool to assess your sleep quality and receive personalized feedback, valuable insights, and recommendations.

## Being in the know

According to those who have been diagnosed with OSA and use CPAP therapy<sup>3</sup>:



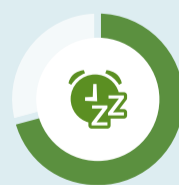
**68%** say it was easy to adjust to using CPAP therapy



**75%** would recommend it to others



**71%** say the benefits outweigh the inconvenience



**71%** say that their sleep has improved since starting CPAP therapy



**75%** would recommend CPAP therapy for someone with OSA

For expert tips on ways to improve sleep, click [here](#). To see more findings from this year's World Sleep Day survey, please visit: [Philips.com/WorldSleepDay](https://philips.com/WorldSleepDay).

<sup>1</sup> OSA may affect nearly 1 billion adults worldwide. Healy Pulmonology  
<sup>2</sup> Sleep Apnea Information For Clinicians. sleepapnea.org

<sup>3</sup> Indicates net "somewhat" or "complete" agreement with the statement

<sup>4</sup> From CPAP To Tailored Therapy For Obstructive Sleep Apnoea. Multidisciplinary Respiratory Medicine