



Sleep apnea: a condition too important not to understand



1 billion people have obstructive sleep apnea (OSA)¹, but **80%** of moderate and severe OSA cases go undiagnosed².

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 strokes³

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.

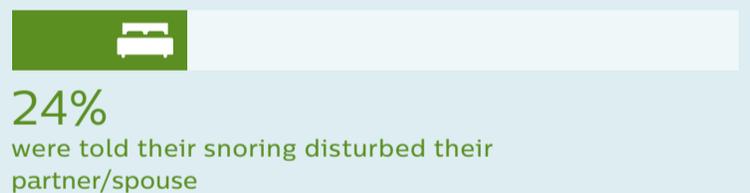
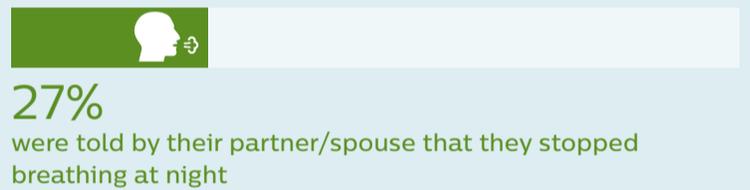
17% of sleep apnea patients who have been prescribed CPAP do not use it.



Yet, if used properly, CPAP therapy is highly effective at treating OSA⁴.

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 therapy³:



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).

¹ OSA may affect nearly 1 billion adults worldwide. Healo Pulmonology
² Sleep Apnea Information For Clinicians. sleepapnea.org

³ Indicates net "somewhat" or "complete" agreement with the statement

⁴ From CPAP To Tailored Therapy For Obstructive Sleep Apnoea. Multidisciplinary Respiratory Medicine