Obstructive sleep apnea (OSA) is a chronic disease that involves the repeated collapse of the upper airway during sleep. Sleep apnea puts an enormous strain on your heart, repeatedly causing oxygen levels to drop and blood pressure to surge as you sleep.

**Increased risk of dying from heart disease**

- People in the U.S. who have sleep apnea
- Higher Risk of dying from heart disease

**Increased risk of having a stroke in people with severe, untreated sleep apnea**

- People with high blood pressure who have obstructive sleep apnea
- Sleep apnea affects about 7 in 10 people who have Type 2 diabetes.

**Improves mood**

- Snoring
- Silent breathing pauses
- Gasping or choking
- Daytime sleepiness or fatigue

**Sources**

- International Journal of Cardiology 2013 - http://bit.ly/2k0r1Fo

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Visit projecthealthysleep.org to learn how you can guard your heart and avoid being #SnoredToDeath.