SLEEP APNEA
IT’S MORE THAN A SNORE

Apneas, or pauses in breathing, can last minutes repeatedly during sleep—sometimes hundreds of times.

43 MILLION+
AMERICANS
suffer from obstructive sleep apnea (OSA)

85% of those don’t know it!

Patients with OSA have increased health risks:

- 2x risk of stroke
- 5x risk of cardiovascular event
- 7x risk of motor vehicle accident
- 4x risk of mortality within 4 years

3.5 million
diagnostic sleep tests are ordered each year

80% of sleep lab tests are appropriate for home sleep testing

Home Sleep Testing is Easy, Convenient & Comfortable

81% of consumers would prefer a home sleep test to a sleep lab test

It can take several weeks or more to get an appointment at a sleep center

home sleep testing can begin within 48 hours

OSA can worsen obesity, depression, diabetes, stroke, hypertension, and erectile dysfunction

Talk to your doctor today
find out if your snoring is more than just snoring

Source: NovaSom
www.novasom.com