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.

People in the U.S. who have sleep apnea:
- Have an increased risk of developing heart failure.
- Also have sleep apnea.

Factors that increase your risk of having sleep apnea include:
- Snoring
- Silent breathing pauses
- Gasping or choking
- Daytime sleepiness or fatigue

Higher risk of Afib in people who have sleep apnea:
- Higher risk of Afib in people who have sleep apnea
- Resistant hypertension
- Type 2 diabetes
- Stroke

30 Million
People in the U.S. who have sleep apnea

Increased risk of having a stroke in people with severe, untreated sleep apnea
- 2X
- 2-4X

Higher risk of dying from heart disease
- 2X
- 2-4X

Severe sleep apnea increases your risk of developing heart problems.

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

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