



Reasons to Use *Your* CPAP:

Complications of Untreated Obstructive Sleep Apnea:

Decreased:

- Energy
- Mental Acuity
- Overall quality of life
- Memory
- Creativity
- Healing

Increased risk for:

- Stroke
- Heart attack / heart disease / heart failure
- High blood pressure
- Atrial fibrillation
- Cancer
- Obesity
- Excessive daytime sleepiness:
 - ⇒ Accidents
 - ⇒ Decreased attention span
 - ⇒ Inadvertently falling asleep during meetings, classes, religious services, and other situations
 - ⇒ Decreased ability to socialize with family and friends
- Problems with work, school, family, and social life
- Glaucoma
- Memory problems and cognitive dysfunction
- Developing post-traumatic stress disorder (PTSD) if a trauma is experienced
- Mood Disorders:
 - ⇒ Irritability
 - ⇒ Depressed mood
 - ⇒ Anxiety

Benefits of Effective CPAP therapy:

- Manage snoring and make bed partner happy
- Improved energy
- Improved control of high blood pressure
- Reduced long-term risk of heart disease
- Improved weight control and successful weight loss
- Improved control of blood sugar in diabetics and pre-diabetics
- Increased ability to socialize with friends and family
- Clearer, more creative thinking
- Increased ability to cope with stressors and recover from illness
- You just feel better!

(Developed by David C. Hutchinson, RN)