



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 and poorer post-stroke recovery
- Heart attack / heart disease / heart failure
- High blood pressure
- Type II diabetes / insulin resistance
- Atrial fibrillation
- Cancer
- Infections / impaired immune function
- 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
- Gout
- Memory problems, cognitive dysfunction, and dementia
- Developing post-traumatic stress disorder (PTSD) if a trauma is experienced
- Mood disorders
- Irritability
- Anxiety

Benefits of Effective CPAP therapy:

- Manage snoring and make bed partner happy
- Improved energy
- Greater ability to engage in healthy habits, like eating healthy, exercising, and managing other health conditions
- Improved weight control and successful weight loss; improved ability to keep lost weight off
- Improved control of blood sugar in diabetics and pre-diabetics
- Greater chance of treatment success for atrial fibrillation, high blood pressure, depression, PTSD, anxiety, attention, acid reflux, headache, and more
- 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)