

HEART HEALTH

NEARLY THIRTY MILLION AMERICANS ARE KEPT FROM RESTFUL SLEEP BY OBSTRUCTIVE SLEEP APNEA, A CHRONIC DISEASE THAT INVOLVES THE REPEATED COLLAPSE OF THE UPPER AIRWAY DURING SLEEP. LEFT UNTREATED, SEVERE OBSTRUCTIVE SLEEP APNEA MORE THAN DOUBLES THE RISK OF DYING FROM HEART DISEASE. THE NATIONAL HEALTHY SLEEP AWARENESS PROJECT WARNS THAT UNTREATED, SEVERE OBSTRUCTIVE SLEEP APNEA HURTS HEARTS BY INCREASING THE RISK OF: HEART FAILURE, ELEVATED BLOOD PRESSURE, ATRIAL FIBRILLATION, RESISTANT HYPERTENSION, TYPE TWO DIABETES AND STROKE. FORTUNATELY, TREATMENT IS AVAILABLE. TO FIND AN ACCREDITED SLEEP CENTER, VISIT PROJECT-HEALTHY-SLEEP--DOT--ORG.