Sleep Apnea Data from Clinical Studies:

Cardiovascular Links to Obstructive Sleep Apnea
• 4.7 million people in the US have heart failure and approximately 50% of heart failure patients have OSA (Javaheri 1999)
• Heart failure is the most expensive disorder to treat (Medicare - $20.4 billion p.a.)
• Arrhythmias noted in 50–75% of OSA patients (Somers 2004), and 30% in cardiovascular patients (Shafer 1999)

Hypertension Links to Obstructive Sleep Apnea
• Studies have shown that OSA is an independent risk factor for hypertension
• 30–80% of patients with hypertension have OSA (Logan 2001; Sjostrom 2002)
• 50–90% of OSA patients have hypertension (Peppard 2000; Lavie 2000)

Stroke Risk Links to Obstructive Sleep Apnea
• 65% of stroke patients have OSA (Dyken 1996) and up to 70% of patients in rehabilitation therapy following stroke have significant OSA (AHI > 10) (Good 1996)

Type II Diabetes Links to Obstructive Sleep Apnea
• 50% of male diabetics have OSA (Einhorn 2005)
• OSA may have a causal role in the development of diabetes (Reichmuth 2003)
• OSA is associated with insulin resistance (independent of obesity) (Punjabi 2002)
• 30% of patients presented to a sleep clinic have impaired glucose intolerance (Meslier 2003)

Now let’s look at the comparisons of costs related to untreated OSA patients and OSA patients that are receiving appropriate CPAP treatment:

- **Average Healthcare costs:** 49.1% higher for untreated OSA (Kryger 1996)
  - Untreated OSA Group: $2,720.00
  - Treated OSA Group: $1,384.00
  - $1,336.00 savings for treated OSA

- **Average Physician’s Visit Costs:** 50.4% higher for untreated OSA (Kryger 1998)
  - Untreated OSA Group: $3,972.00
  - Treated OSA Group: $1,969.00
  - $2,003.00 savings for treated OSA

- **Average Hospitalization Costs:** 39.5% higher for untreated OSA (Kryger 1998)
  - Untreated OSA Group: $6,176.00
  - Treated OSA Group: $3,734.00
  - $2,442.00 savings for treated OSA