

COPD AND SLEEP APNEA

COMMON SLEEP ISSUES



More than 12 million Americans have sleep apnea, many remain undiagnosed and untreated. Most associate sleep apnea with snoring, but did you know that sleep apnea and COPD often occur together? This is known as Overlap Syndrome (OSA). It's estimated that up to 20% of patients with COPD also have obstructive sleep apnea.

A NOT-SO-SILENT TRIGGER

OSA is a very serious and potentially life-threatening sleep disorder. It can both cause and worsen many health conditions. Having OSA doesn't mean you'll develop COPD, and likewise, having COPD doesn't mean you'll develop OSA, but they are linked in several important ways.

- **Inflammation:** Both conditions involve inflammation. The inflammation in OSA can worsen the inflammation in COPD and visa versa
- **Cigarette smoking:** cigarette smoking is associated with both conditions. It triggers inflammation and worsens the risk in both
- **Obesity:** Obesity is a strong predictor of having a commorbid condition of OSA, increasing the risk of having it by 50% in men and 30% in women

LONG-TERM RISKS AND SIDE EFFECTS OF OVERLAP SYNDROME

- Abnormal heartbeat
- Right side heart failure
- High blood pressure
- Pulmonary hypertension
- Stroke

THE IMPACT OF SLEEP APNEA ON YOUR QUALITY OF LIFE

Inadequate rest or sleep can lead to a lack of motivation to exercise or plan meals. This often leads to irritability which can affect relationships with family, friends and coworkers.



At the McLaren Sleep Diagnostic Center, we are committed to providing exceptional sleep diagnostics and treatment. We are also dedicated to ensuring you feel comfortable during your overnight sleep study.

We are conveniently located at G-3200 Beecher Road, Flint, MI 48352. Schedule your appointment today.

(810) 342-3900 or mclaren.org/flintsleep



FLINT