

# CARDIOLOGY and SLEEP APNEA



## Can Restless Sleep Be Bad For My Heart?

*Obstructive Sleep Apnea (OSA)* can be linked to many cardiovascular diseases, such as bradycardia, tachycardia, atrial fibrillation, blockages, and asystole / sudden cardiac death.

- **1 in 5 adults** suffers from some form of sleep apnea.
- Obstructive Sleep Apnea **contributes** to poorly controlled blood pressure.
- **1 out of every 3** patients with hypertension has OSA.
- **80% of patients** with treatment-resistant hypertension have obstructive sleep apnea.

If you are being treated for hypertension or other cardiovascular disease, a **sleep study** may help determine if sleep apnea is a contributing factor.

Contact the **sleep experts** at SSM today toll-free at **866-337-2536** or visit us online at **[www.sleeplabs.net](http://www.sleeplabs.net)**.



**Your Solution  
for Sleep Disorders**

*Sleep apnea prevents restful sleep and is associated with:*

*High Blood Pressure*

*Arrhythmia*

*Stroke*

*Heart Failure*