

# PATIENT PERSPECTIVES



"It has not been easy to come to terms with sleep apnea in my life. I found that I had to push for doctors and medical equipment suppliers to listen to me."

"I didn't really take sleep apnea seriously for a while, because the effects don't seem tangible until you have brain damage."



"I found I had to be educated and vocal about sleep apnea.

These two things give me better control over my sleep apnea."

"I know there are dangers from sleep apnea and sleep deprivation during pregnancy for both mother and baby, but that wasn't reflected in our care.

Not only was I suffering, I felt I was putting my child in danger. I know I'm not alone in this position."



"It isn't only overweight men with 17-inch necks who are over 50.

I've met people as young as 17 who have sleep apnea. I know someone whose daughter has sleep apnea at seven."

"We've discovered there's a lot that needs to be done and patients and clinicians all need to work together."



**LEARN MORE**  
[ApneaPartners.org](https://ApneaPartners.org)

**Better** Breathing, **Better** Sleep, **Better** You.

## Who We Are

We are a patient-oriented 501c3 nonprofit advocacy organization founded in 2018 by patient volunteers.

We promote and advocate for screening, diagnosis, treatment, and management of sleep apnea through education, policy, and support for the lifelong well-being of sleep apnea patients.

## Why We Do It

- We are a patient-led group: patient care comes first.
- We advocate for equitable diagnosis and treatment inclusive of all races, ages, and culturally diverse communities.
- We are committed to ensuring sleep apnea is recognized as a national priority.
- We support collaborations and partnerships to advance overall sleep health.

## Our 4 Strategy Pillars

### Education

Promote awareness to build grassroots advocacy.

### Policy

Advocate for federal laws or regulations to support patient care.

### Support

Support patients seeking information on care and management of sleep apnea care.

### Clinical Care

Address disparities in diagnosis, treatment, and care.