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New National Indicator Report details long-term health, safety, economic effects of sleep apnea

Obstructive sleep apnea (OSA) is a serious disorder affecting nearly 30 million Americans, most of whom are undiagnosed. It can lead to dangerous medical conditions like heart disease and diabetes. But it also has significant long-term effects on public health, not only through those health conditions, but also through its role in incidents like road accidents and workplace mistakes, according to the new National Indicator Report released as part of the [Count on Sleep](#) campaign.

Alliance of Sleep Apnea Partners is the only patient group participating in the Count on Sleep campaign, and ASAP's Dr. Monica Mallampalli served on the working group that produced the National indicator Report. The report was supported by funding from the Centers for Disease Control and Prevention.

[Read the OSA National Indicator Report](#)

News

ASAP shares patients' perspective at ATS and SLEEP conferences

ASAP hit the road this spring, bringing the patient perspective on sleep apnea to two



conferences.

Board member and patient advocate Kathy Page (*pictured top left*) joined fellow board member Dr. Susan Redline and ASAP executive director Dr. Monica Mallampalli at the American Thoracic Society international conference in Washington, D.C., last month. ASAP was the only sleep-related member of the ATS Public Advisory Roundtable. Kathy's presentation on "Patient Perspectives on Alternative Therapies for OSA: Why Do We Need Them? What Are We Looking For?" was well received by an audience of doctors. Susan also chaired another panel, "Controversies in Pediatric Obstructive Sleep Apnea: A Pro/Con Debate," that discussed substantial new clinical research related to the evaluation and management of OSA in children.

In June, ASAP also exhibited and shared patient perspectives and resources in Indianapolis at SLEEP 2023, the annual meeting of the Associated Professional Sleep Societies. The annual SLEEP meeting is a joint venture of the American Academy of Sleep Medicine and the Sleep Research Society.

Monica and Susan (*second image from top, with keynote speaker Dr. Phyllis Zee*) participated. Monica (*third image from top*) was a panelist for the patient-centered discussion "Delay in Diagnosis: How Health Disparities, Lack of Awareness, and Payer Policies Impact the Patient."

[Read Kathy Page's ATS presentation](#)

Board members in the news

Dr. Susan Redline, a founding member and board member of ASAP, was a co-author on the recent Sleep® journal article, "[Risk of post-acute sequelae of SARS-coV-2 infection associated with pre-coronavirus disease obstructive sleep apnea diagnoses: an electronic health record-based analysis from the RECOVER initiative.](#)"

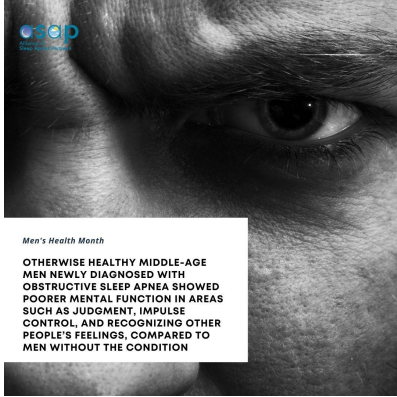
The analysis found that adults with pre-existing OSA had increased odds of developing post-acute sequelae of SARS-CoV-2 and may benefit from increased monitoring after infection.

Ray Merrell, an ASAP board member and sleep apnea patient, was quoted in [Scientific American](#) about his experience with Rapid Eye Movement Sleep Behavior Disorder.

[Meet the ASAP Board.](#)



June is Men's Health Month



We're partnering with Men's Health Network to bring awareness to men's health—and to how sleep apnea can affect men of all ages. Follow the Alliance of Sleep Apnea's social media accounts on [Facebook](#), [Instagram](#), and [Twitter](#) this month to see posts we've created and posts we're sharing.

Patient Story: "I Don't Take Sleep Apnea Lightly Anymore"

U.S. Air Force veteran and teacher Jasmine Dowling was diagnosed with sleep apnea about seven years ago. "Like a lot of people, I didn't really take sleep apnea seriously for a while, because the effects don't seem tangible until you have brain damage." Read Jasmine's story [here](#). Would you like to share your experience with sleep apnea, its effect on your life, getting a diagnosis, and managing treatment? We'd love to hear from you as we collect these first-person experiences.

[Submit your sleep apnea story.](#)



Check It Out



ASAP board member Laura DeFelice has been working with sleep apnea patients and advising them about CPAP machines for more than 25 years. Now, she's helping ASAP launch its YouTube channel with a video explainer, "Type of CPAP Machines for Sleep Apnea Treatment," which provides information about the different types of devices used for sleep apnea treatment. Watch the video [here](#).



The Alliance of Sleep Apnea website, apneapartners.org, has practical resources to help you navigate your sleep apnea journey. Struggling with your CPAP device? Looking for ways to empower yourself? Need some practical answers to common CPAP questions and experiences? We can help. Explore ASAP's ["Living with Sleep Apnea" resources](#).

We Want to Hear From You!



Do you have questions or concerns about sleep apnea? Do you have a sleep apnea story to share?
Email ASAP and let us know!

Email ASAP



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