

## Who are we?

We are a patient-oriented 501c(3) nonprofit advocacy organization founded in 2018 by patient volunteers.

We promote and advocate for screening, diagnosis, treatment and management for optimal health of those who suffer from sleep apnea.

## Our Values

- As a patient-led group, patient-centered care comes first to us.
- We believe that diagnosis and treatment should be equitable.
- Partnerships are key to our success in advancing sleep apnea care.

As a trusted partner with patients, healthcare providers, industry, governmental agencies and other advocacy organizations, we want to ensure sleep apnea is a national priority.

You can go four weeks without food. Four days without water. But only four minutes without breathing.

## Join Us!

[info@apneapartners.org](mailto:info@apneapartners.org)

[apneapartners.org](http://apneapartners.org)

## Find us on:



Help us make a difference by donating today!

# Better Breathing.

# Better Sleep.

# Better You.



Alliance of  
Sleep Apnea Partners

# Educate. Advocate. Communicate.

- Gender disparities exist in sleep apnea screening, diagnosis, treatment and severity of condition.
- Comorbidities with OSA include heart disease, hypertension, T2D, Afib, depression and cognitive decline/impairment.
- Women with OSA are more likely to have PCOS, preeclampsia, gestational diabetes and infertility.
- Estimated 2-4 % children are affected by sleep apnea and lead to behavior, learning, and growth problems.
- Hispanic, African American, Asians and American Indian people are at higher risk for OSA.
- High prevalence of sleep disturbances and undiagnosed sleep apnea among racial/ethnic minorities may contribute to health disparities.



**30 million adults affected  
by obstructive sleep  
apnea (OSA) in the USA**

**33% of adults with symptoms  
sought medical evaluation in  
2015-2016**

**\$149.6 billion annually  
economic burden of  
undiagnosed OSA adults**

**13% of men and 6% of women  
have moderate to severe sleep  
disordered breathing**

# ASAP's Strategic Agenda

## AWARENESS

Educate public to understand  
sleep apnea burden

## POLICY

Ensure policies are person-centered  
and benefit apnea patients

## CLINICAL CARE

Improve quality of care and  
remove barriers

## SUPPORT

Promote community-building  
and advocacy networks

## INNOVATION

Foster scientific advances in  
diagnostics and therapeutics