Alliance of Sleep Apnea Partners

October 2026



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ASAP Hosts Women & Obstructive Sleep Apnea (OSA) Patient Roundtable Event



This spring we hosted a women and sleep apnea roundtable where women living with OSA shared their lived experiences, journey to diagnosis and treatment, and the impact of the condition on their daily lives. We were thrilled to bring together 13 women of different ages and backgrounds – personally, professionally and geographically – diagnosed with OSA and willing to share their different life experiences.

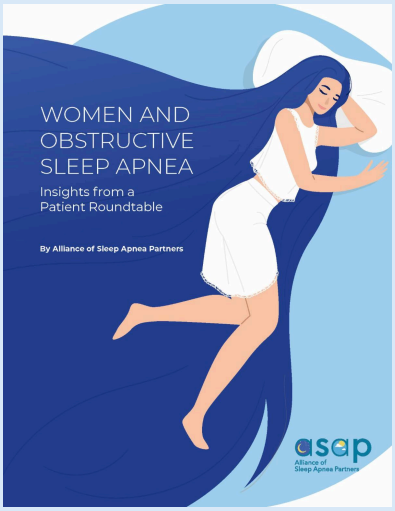
Check out the **video capturing the lived experiences and perspectives** of some of our attendees. ASAP is also pleased to share a report with key highlights, themes, and insights from the roundtable discussion, **available for download on our website**.

On the stereotype that OSA only affects older, overweight men or women

I get really frustrated when I see advertisements that reinforce this stereotype, because I feel like a bunch of people are going to be like, well, that can't be me.
— Miranda Chappel-Farley, Woman Living with OSA

On how undiagnosed OSA affected women's daily lives

He'll stop in his tracks and he'll go, 'Oh wait, that was mommy before her brain worked.'
— Jasmine Steele, Woman Living with OSA



ASAP's Resources on

Women & Obstructive Sleep Apnea

In May, we celebrated Women's Health Month to further raise awareness and education about sleep apnea and women.

Women and OSA is a critical issue considering how difficult it is for healthcare providers (HCPs) to diagnose women. It can take years and several different visits to primary care physicians and specialists. Our website features several resources specific to women and sleep apnea.

- You can check out our free resource **Doctor Dialogue for Women**, which helps guide women on how best to talk to their HCPs about sleep apnea. Learn what questions would be most helpful to guide your discussion with your HCP, and which specific information you should share (family history, snoring, current medications)

- Our **Women & Sleep Apnea: Know the Signs, Start the Conversation** fact sheet provides useful information to determine next steps when you believe you may have sleep apnea

- Our CEO Dr. Monica Mallampalli had a **special one-on-one discussion for our Breathing Room webinar series, with Dr. Kin Yuen**, Assistant Professor UCSF, to discuss sleep disorders in women. Dr. Yuen is also a **Medical Advisor for ASAP**



Photo: Dr. Kin Yuen

Our President and CEO Monica Mallampalli, PhD, spoke with Dr. Nisha Aurora, Associate Professor of Medicine and Director of Women's Sleep Medicine Initiatives at New York University's Grossman School of Medicine, about **how sleep apnea presents differently in women**.

They also discussed how perimenopause and menopause can increase the risk of sleep apnea in women, which isn't something everyone knows or thinks to bring up during their conversations with their HCPs.



Photo: Dr. Nisha Aurora

Physicians and patients need to be made aware in parallel. We need to get the message out that sleep apnea presents differently in women. That's number one because that is one of the first reasons it is getting missed, just because we present differently. That is something physicians need to be educated on and understand.
— Dr. Nisha Aurora

Learn more about Women & Sleep Apnea

ASAP News & Updates

Our CEO Dr. Mallampalli represented ASAP at the 2026 NIH Research Conference on Sleep and Health of Women (SHOW 2026)!

Women are historically underdiagnosed when it comes to sleep apnea and sleep-disordered breathing. SHOW 2026 was an exciting opportunity for our organization to engage with leading researchers, clinicians, and advocates as we champion patient-centered care and drive awareness for women's sleep health. Alongside scientists, clinicians, and patient advocates, Dr. Mallampalli participated in the Patient Voices Panel as part of her attendance at the conference.



Check out the full conference agenda

Patient Voices Panel video coming soon here!

Since we were last in touch, we've posted new resources and information to our blog. Check out the latest!

Obstructive Sleep Apnea and Obesity in Older Adults: What Patients and Clinicians Should Know

Why Seeing a Sleep Specialist Matters

Can Your Partner Tell If You Have Sleep Apnea? What Midlife Couples Should Know

Living with Afib and Obstructive Sleep Apnea: A Conversation with Mellanie True Hills, Founder of

Sleep Apnea 101: Sleep Apnea Explained for Patients

Sleep Apnea 101: What You Should Ask Your Doctor

Visit our blog for more information

Policy News

ASAP applauds White House efforts to advance women's health and improve outcomes across all phases of life

This week, the White House announced an order directing the U.S. Department of Health and Human Services to establish a new Women's Health Division within the National

Institutes of Health (NIH) to strengthen scientific research, accelerate medical breakthroughs, and improve health outcomes for American women and girls. ASAP strongly supports efforts to elevate women's health as a national research priority, and we call for a stronger focus on women and sleep apnea research, education, and care.

Women's sleep health has not received the attention it deserves, particularly when it comes to sleep apnea, a condition affecting 80 million Americans...We welcome efforts to strengthen women's health research and believe sleep apnea must be part of that conversation. Advancing research into sex differences will help us better understand how this condition presents and affects women and men, ultimately supporting more personalized care throughout the lifespan.
— Dr. Monica Mallampalli

Read our full announcement

MAKE A DIFFERENCE. DONATE TODAY.



Thanks to supporters like you, we have been able to

- Create more patient resources.
- Advocate for patient safety.
- Share more experts' insights.
- Tell more patients' stories.
- Share important news and context.
- Educate the public, policymakers, and healthcare providers about OSA's impact.

Thank You for Your Support!

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The Alliance of Sleep Apnea Partners is a national, patient-centered nonprofit 501(c)(3) organization dedicated to improving the lives of people affected by sleep apnea through education, advocacy, and community support.

Your donation helps ASAP carry out this work to create a brighter future for everyone living with sleep apnea.

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Explore ASAP and Our Resources Online

Stay up to date with Alliance of Sleep Apnea Partners news, webinars, and social media on all of ASAP's online channels. Bookmark our website and follow us on social!

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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!

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Alliance of Sleep Apnea Partners | 10045 Baltimore National Pike Ste A7 #1 Email: info@apneapartners.org | Ellicott City, MD 21042 US

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