Sleep apnea is diagnosed when someone stops breathing for 10 seconds or longer 5 times per hour during sleep.

Men are 2X as likely to have sleep apnea.

People with obstructive sleep apnea are more likely to die from sudden cardiac death.*

In people with obstructed sleep apnea, sudden cardiac death is more likely to occur between 10 pm - 6 am.

In the general population, it is more likely between 6 am - noon.

More than 12 million American adults suffer from obstructive sleep apnea — many are undiagnosed and unknowingly have an increased risk of sudden cardiac death.

Sudden cardiac death accounts for 450,000 deaths annually.

*Obstructive Sleep Apnea and the Risk of Sudden Cardiac Death: A Longitudinal Study of 10,701 Adults (Journal of the American College of Cardiology, 2013)

For more information on sleep apnea or sudden cardiac death, visit www.cardiosmart.org.