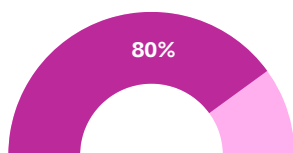


How OSA affects your heart

Heart disease has risk factors like high blood pressure, diabetes and smoking. But one important factor that often goes unnoticed is obstructive sleep apnea (OSA) — a condition that causes repeated pauses in breathing during sleep. These pauses can prevent your body from getting enough oxygen, putting added strain on your heart.^{1,2} OSA affects up to 80% of people with cardiovascular disease (CVD), yet many are undiagnosed.²

OSA and high blood pressure (hypertension)



80% of people with hard-to-treat (resistant) high blood pressure also have OSA.³

OSA can make your blood pressure rise at night and stay high during the day. Over time, this extra pressure can damage blood vessels and the heart. Left untreated, OSA may contribute to treatment-resistant high blood pressure, making high blood pressure harder to control — even with medication.^{3,4}

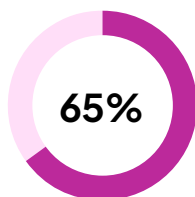
OSA and irregular heart rhythms (atrial fibrillation)

2x

People with OSA are almost **2x** as likely to develop AFib.^{9,10}

OSA may trigger sudden changes in oxygen and chest pressure that disrupt the heart's natural rhythm. Untreated OSA is associated with an increased risk of heart conditions like atrial fibrillation (AFib) coming back after treatment.^{9,10}

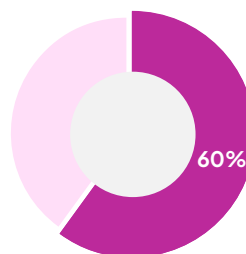
OSA and coronary artery disease



Untreated OSA may **increase the risk of a heart attack by 65%** and can make recovery afterward more difficult.⁵

OSA can lead to repeated oxygen drops during sleep, which may contribute to inflammation in the arteries and plaque buildup that, over time, can narrow blood flow.^{5,6}

OSA and stroke



60% of people who've had a stroke also have OSA.¹¹

OSA can increase stroke risk by damaging blood vessels and raising blood pressure. Untreated OSA is associated with slower brain recovery and may increase the risk of another stroke.^{6,11,12}

OSA and heart failure



8 out of 10 people with chronic heart failure also have OSA.⁷

OSA can contribute to heart stress and may cause the heart to work harder to pump blood, which can weaken it over time. Untreated OSA can also worsen heart failure symptoms like fatigue and shortness of breath.^{7,8}



Concerned about OSA? Talk to your doctor

If you're living with high blood pressure, heart disease or diabetes, ask your doctor about getting tested for obstructive sleep apnea (OSA).

References

1. Cowie et al. Journal of the American College of Cardiology. 2021;78(6):608–624.
2. Javaheri S, et al. J Am Coll Cardiol. 2017;69:841–858.
3. Logan AG, et al. J Hypertens. 2001;19:2271–2277.
4. Shiina et al. Hypertension Research. 2024; Published online August 29.
5. Wang et al. Journal of Thrombosis and Thrombolysis. 2023;56(1):65–74.
6. White J, et al. International Journal of Research and Review. 2025;12(2):380–392.
7. Polecka et al. Journal of Clinical Medicine. 2023;12(19):6139.
8. Tadic M, et al. Journal of Clinical Hypertension. 2022;24(7):795–803.
9. Yacoub M, et al. Journal of Sleep Disorders & Therapy. 2018;7(1).
10. Tung P, et al. Journal of Atrial Fibrillation. 2016;8(6).
11. Seiler A, et al. Neurology. 2019 Feb 12;92(7):e648–e65.
12. Bassetti CLA, et al. Eur Respir J. 2020;55(4):1901104.