

OSA and Mortality: The Big Picture

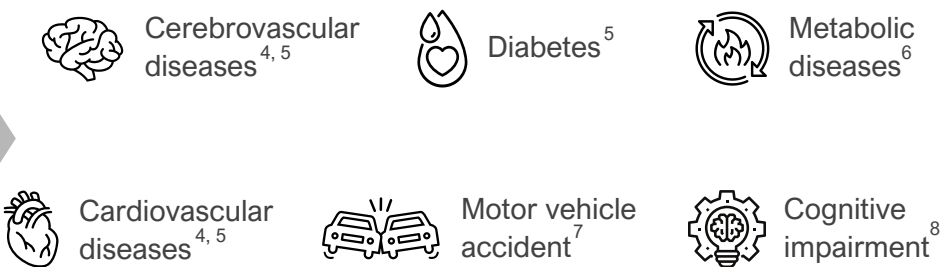
Untreated obstructive sleep apnoea (OSA) can shorten lifespan, but CPAP therapy has been shown to improve survival.



The OSA epidemic affects **1 billion individuals** worldwide, but a staggering **80%** of these remain undiagnosed and untreated.¹

OSA is associated with an increased risk of serious comorbidities.² If left untreated, the risk of dying from any cause is over 3 times higher compared to those who regularly use CPAP.³

Untreated OSA can significantly impact mortality rates due to various risk factors.



CPAP, the gold standard for OSA therapy, can mitigate these risks.



New meta-analysis of over **1 million** OSA patients—the largest to date—demonstrates that CPAP is linked with a significant improvement in survival.

CPAP therapy also reduces the probability of a recurrent cardiovascular event:



25% reduction in risk of hypertension
23% reduction in risk of heart failure¹⁰



MACE* occurrence reduced by **25%** in secondary prevention¹¹

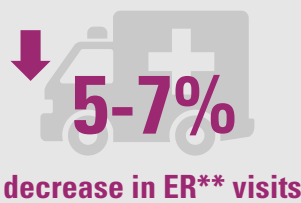


55% reduction in risk of cardiovascular mortality⁹

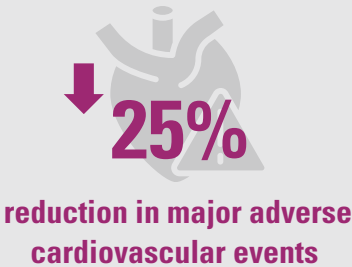
*MACE: Major adverse cardiovascular event

Real-world evidence shows that higher CPAP usage is associated with better health economics and outcomes.

While benefits can be observed at as low as 1 hour/night; starting at 3 hours/night, each additional hour of use is associated with¹²:



At >6 hours/night, CPAP usage is associated with¹¹:



**ER: Emergency room



Real-world evidence supplements randomised clinical trials by providing data on how treatments perform under everyday conditions.

It enhances clinical understanding by capturing long-term outcomes and revealing additional insights that may not surface in controlled environments.

OSA significantly raises mortality risk, but utilising CPAP therapy has a positive impact by significantly improving survival, and reducing both cardiovascular mortality and the occurrence of MACE.



Consistent CPAP use is vital: Greater adherence to CPAP therapy improves survival rates and provides cardiovascular benefits. Prioritising patient support and adherence optimises the impact of CPAP therapy.

This content is intended for health professionals only.

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