



Insights on Living with Sleep Apnea

The Sleep Health Inquiries on Needs and Emotions (SHINE) survey is the largest ever psychosocial survey of adults living with **obstructive sleep apnea (OSA)**, a serious chronic sleep-related breathing disease where the upper airway repeatedly collapses during sleep, causing intermittent oxygen deprivation. **Every night, more than 54 million Americans with OSA stop breathing, exposing them to serious long-term health risks as well as significant emotional, social, and behavioral impacts**, which are illuminated in the SHINE survey results that follow.¹

OSA Can Affect Anyone



1,500

people diagnosed with OSA by a healthcare professional were surveyed, with representation across the U.S. population in age, gender, geography, race, BMI, and severity of OSA.

Meaningful Relationship Impacts

OSA prevents people from being fully present with friends and family.

66%

of respondents say the exhaustion from OSA makes them **unable to be present with loved ones.**²

67%

say OSA has caused them to be **less socially engaged.**²

Nearly 50%

of people in relationships are **unable to share a bed with their partners.**²

People living with OSA say it makes them feel:

misunderstood anxious
embarrassed **frustrated** angry
isolated/alone scared **irritable**
ashamed **depressed** hopeless
low self-esteem not dependable exhausted



53%

of survey respondents **feel frustrated** and



48%

report feeling **ashamed or embarrassed.**²



OSA makes me feel helpless. I can't contribute like I want to as a husband and father."

- Survey respondent

Challenges with Work and Stress

OSA hinders people from fulfilling career goals and living life.



92%

of participants stated that OSA symptoms have **affected their work in the last week.**²



71%

agree that OSA can make it difficult to **cope with the stresses of daily life.**²

Mental Health Concerns

People with OSA often struggle with mental health.



54%

report anxiety.²



67%

report feelings of depression or hopelessness.²

Younger people (aged 18-34) are more likely to feel misunderstood and experience low-self esteem and anxiety about their OSA than older people (aged 35-54, 55+)²



I fear being judged, because I'm not meeting people's expectations, or that they think I'm lazy. But they just can't understand the exhaustion I'm experiencing."

- Survey respondent

Fatigue Is a Daily Burden

Extreme sleepiness and fatigue are part of daily life — and a serious safety risk

74%

of respondents **report experiencing fatigue** from OSA.²

47%

report **inability to concentrate or focus.**²

14%

report a **sleepiness-related motor vehicle accident** in the past 12 months.²

To hear real people's stories of how living with OSA impacts their relationships, work, and life, go to Apnimed.com/sleep-stories/

Visit OSAsurvey.com to learn more about the SHINE survey and challenges of living with OSA.

References

1. Benjafield AV, Ayas NT, Eastwood PR, et al. Estimation of the global prevalence and burden of obstructive sleep apnoea: a literature-based analysis. *Lancet Respir Med.* 2019;7(8):687-698. doi:10.1016/S2213-2600(19)30198-5

2. Apnimed, Inc., Sleep Health Inquiries on Needs and Emotions (SHINE) Survey, August 2024. Accessed October 2024.

Apnimed consulted with the following national patient advocacy organizations to ensure that the survey and its analysis accurately represented the experiences and viewpoints of the diverse OSA community.

