

Who are we?

We are a patient-oriented 501c(3) nonprofit advocacy organization founded in 2018 by patient volunteers.

We promote and advocate for screening, diagnosis, treatment and management for optimal health of those who suffer from sleep apnea.

Our Values

- As a patient-led group, patient-centered care comes first to us.
- We believe that diagnosis and treatment should be equitable.
- Partnerships are key to our success in advancing sleep apnea care.

As a trusted partner with patients, healthcare providers, industry, governmental agencies and other advocacy organizations, we want to ensure sleep apnea is a national priority.

You can go four weeks without food. Four days without water. But only four minutes without breathing.

Join Us!

info@apneapartners.org

apneapartners.org

Find us on:



Help us make a difference by donating today!

Better Breathing.

Better Sleep.

Better You.



Educate. Advocate. Communicate.

- Gender disparities exist in sleep apnea screening, diagnosis, treatment and severity of condition.
- Comorbidities with OSA include heart disease, hypertension, T2D, Afib, depression and cognitive decline/impairment.
- Women with OSA are more likely to have PCOS, preeclampsia, gestational diabetes and infertility.
- Estimated 2-4 % children are affected by sleep apnea and lead to behavior, learning, and growth problems.
- Hispanic, African American, Asians and American Indian people are at higher risk for OSA.
- High prevalence of sleep disturbances and undiagnosed sleep apnea among racial/ethnic minorities may contribute to health disparities.



**30 million adults affected
by obstructive sleep
apnea (OSA) in the USA**

**33% of adults with symptoms
sought medical evaluation in
2015-2016**

**\$149.6 billion annually
economic burden of
undiagnosed OSA adults**

**13% of men and 6% of women
have moderate to severe sleep
disordered breathing**

ASAP's Strategic Agenda

AWARENESS

Educate public to understand
sleep apnea burden

POLICY

Ensure policies are person-centered
and benefit apnea patients

CLINICAL CARE

Improve quality of care and
remove barriers

SUPPORT

Promote community-building
and advocacy networks

INNOVATION

Foster scientific advances in
diagnostics and therapeutics