Sleep 4ª Healthy Life

If you wish to find out more about Sleep 4ª Healthy Life, please contact our occupational health department at occupationalhealth@resmed.com.

For more information on ResMed products and services, please visit ResMed.com or contact our customer service department at (800) 424-0737.

References

Untreated sleep apnea leads to higher healthcare costs and unacceptable health risks.

diabetes
stroke
heart disease
hypertension
presenteeism
absenteeism
higher healthcare costs
Sleep apnea is the chronic interruption of breathing for 10 seconds or more during sleep. People with sleep apnea may stop breathing hundreds of times a night, which can lead to several other serious and even life-threatening health problems.

Alarmingly, 25% of middle-aged men and 9% of middle-aged women suffer from obstructive sleep apnea (OSA).1

People with untreated sleep apnea have:

- **Double the healthcare costs.**2 In fact studies have shown that patients with OSA have higher utilization rates and incur greater costs than non-OSA patients for up to 10 years prior to diagnosis.3

- **Fifteen-fold increase of being involved in a traffic accident.**4 In the year 2000, 810,000 US drivers were involved in a motor vehicle accident related to OSA, of which 1,400 involved fatalities. Researchers estimated that the total cost of OSA-related accidents in 2000 was approximately $15.9 billion.5

- **Higher incidence of presenteeism** (showing up for work tired with low productivity). Studies have shown that employees with OSA have a significantly increased number of lost workdays (absenteeism) and rates of work disability.6

Untreated sleep apnea also greatly affects the health of your employees by increasing the risk of:

- high blood pressure and heart disease7
- diabetes, obesity8 and depression.9

**Treatment of OSA with positive airway pressure (PAP) therapy**

- Prior to sleep apnea diagnosis, patients utilized 23–50% more medical resources.10
- For every dollar spent on CPAP, $3.49 would be saved in reduced collision costs.5
- Health plan costs were significantly lower in both the first and second years after treatment, with an estimated $6K savings per driver.4

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**Unacceptable Risk**

**Sleep 4a Healthy Life**

ResMed’s Sleep 4a Healthy Life offers a practical solution for managing these risks by giving companies access to a sleep apnea program that incorporates a care management approach.

**Sleep 4a Healthy Life can help you:**

- decrease healthcare costs
- reduce accidents and liability
- improve retention/reduce turnover.

**Sleep 4a Healthy Life can help your employees:**

- improve quality of life
- understand the impact sleep apnea can have on overall health and promote behavioral change.

**What is Sleep 4a Healthy Life?**

Sleep 4a Healthy Life gives companies access to proven disease management pathways, technology and wellness approach guidelines.

Sleep 4a Healthy Life is based on four basic disease management steps:

- **Awareness**
  - Identifying the risk of sleep apnea among employees

- **Assessment**
  - Screening and diagnosing people with sleep apnea

- **Acceptance**
  - Technology and processes to encourage acceptance to therapy

- **Adherence**
  - Tools and techniques for enhancing compliance and therapy results