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## American Academy of Sleep Medicine

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**M. SAFWAN BADR, MD**

*President*  
*Quote Sheet*

***Sleep medicine:***

“Far too many people accept sleep deprivation and sleepiness as a way of life. They see treatment of sleep illnesses as optional. In reality, countless studies have connected sleep illnesses with severe health consequences.”

***The importance of sleep:***

“Sleep makes you healthier, happier and smarter. Without quality sleep, your mental and physical health suffers greatly, putting you at increased risk for chronic disease.”

“Sleep has a positive effect on your mood and overall well-being and can improve relationships with others. Getting the right amount of sleep helps you to learn by improving your memory, creativity and cognitive function.”

***Obstructive sleep apnea:***

“Obstructive sleep apnea involves repetitive episodes of complete or partial airway obstruction during sleep. The most effective treatment option for sleep apnea is continuous positive airway pressure (CPAP) therapy, which helps keep the airway open by providing a stream of air through a mask worn during sleep.”

***Sleep and diabetes:***

“Type 2 diabetics are much more likely to suffer from obstructive sleep apnea than those without diabetes, so we recommend they discuss their risk for sleep apnea with a board-certified sleep medicine physician, who can oversee their diagnosis and provide the most appropriate treatment.”

“Studies have shown that diabetics with obstructive sleep apnea (OSA) who adhere to treatment for OSA experience improvements in insulin sensitivity.”

***Sleep and hypertension:***

“One-third of Americans with hypertension also suffer from obstructive sleep apnea, and getting treated by a sleep specialist has been proven to decrease blood pressure and improve overall health.”

“Patients suffering from severe sleep apnea have the most to gain, as moderate and severe cases see the greatest improvement in hypertension with treatment of obstructive sleep apnea.”

***Sleep and exercise:***

“Exercise – even without weight loss – can produce a moderate reduction in sleep apnea. Even small amounts of routine physical activity can improve your sleep and overall well-being.”

***Sleep and children:***

“Getting enough sleep is crucial for children. Kids who aren’t well rested, such as those with sleep apnea, are more likely to have problems with hyperactivity, attention, disruptive behaviors, communication and social competency.”

