

Advancing Understanding & Management of Obstructive Sleep Apnea

Approximately **24 million adults in the U.S.** suffer from moderate-to-severe obstructive sleep apnea (OSA), which often presents with symptoms like loud snoring and choking or gasping for air during sleep. Many of them are also living with obesity or excess weight. However, OSA often goes undiagnosed and untreated, which may lead to other serious conditions.

Healthcare professionals have a critical role to play in increasing the recognition and management of obesity and OSA, so people living with this disease can get the care they need.

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