



SLEEP HEALTH 101

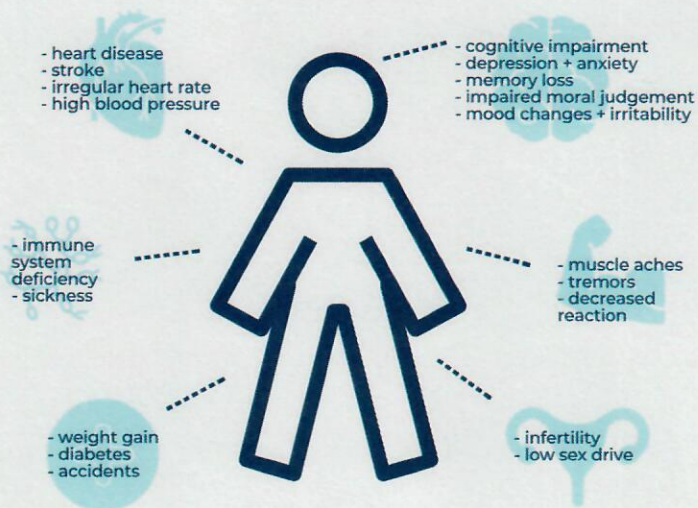
70 MILLION

U.S. ADULTS HAVE A SLEEP DISORDER



U.S. Centers for Disease Control & Prevention declared sleep deprivation a national health crisis in 2014.

POSSIBLE EFFECTS OF SLEEP DEPRIVATION



Drowsy driving is responsible for 1,550 fatalities and 40,000 nonfatal injuries annually in the United States.

CAUSES OF SLEEP DEPRIVATION



sleep
apnea



depression +
anxiety



insomnia



medications



substance
misuse

IF YOU SUSPECT YOU HAVE A SLEEP DISORDER, THE FIRST STEP IS DIAGNOSIS. AT HOME SLEEP TESTING ALLOWS YOU TO RULE OUT A COMMON CAUSE--SLEEP APNEA--FROM THE COMFORT OF YOUR BED.

call or text 833-216-CPAP
(mon - fri 9am - 5pm CST)
email sleeptight@cpaprx.com
(anytime)

cpapRX.com
#SimplifyYourSleep

