

Did You Know Excessive Daytime Sleepiness Related to Sleep Apnea is a Real Medical Condition?



Results and Insights Gathered from a New Survey About Life with Excessive Daytime Sleepiness Related to Sleep Apnea

Excessive Daytime Sleepiness is a real medical condition associated with obstructive sleep apnea (OSA), the most common form of sleep apnea. It can make people living with sleep apnea feel extremely tired during the day. This constant struggle to stay awake can have a significant impact at work, at home, and on their relationships.

About the Survey Design

A self-administered, online survey was conducted by The Harris Poll on behalf of Jazz Pharmaceuticals from July 11-23, 2018. All participants were asked about key topics connected to their experiences with Excessive Daytime Sleepiness and obstructive sleep apnea. Respondents included a national sample of patients and partners who met the following criteria:

- **Patients (310):** US residents, age 18+, have been diagnosed with sleep apnea, have not been diagnosed with another sleep condition, and scored a 10 or higher on the Epworth Sleepiness Scale.
- **Partners (303):** US residents, age 18+, are the spouse or partner of someone diagnosed with sleep apnea who does not currently have any other sleep conditions and scored a 10 or higher on the Epworth Sleepiness Scale.

Data were not weighted and are therefore only representative of the individuals who participated in the survey.

Impact on Daily Life, Job Performance and Personal Relationships

Patient Survey Responses

- **17%** said their Excessive Daytime Sleepiness has impacted them at work, such as losing a job, leaving a job, making special arrangements, missing meetings or deadlines, missing opportunities (such as a promotion or raise), or being disciplined.
- In the last 12 months, **21%** fell asleep while working or during a meeting.
- **14%** have fallen asleep at the wheel, either stopped at a light/sign or while driving, in the last 12 months.
- Many patients said their sleepiness has a somewhat or very negative impact on their romantic relationships (**31%**), relationships with friends (**21%**), and relationships with their children (**14%**).



Partner Survey Responses

- **Half (50%)** felt their significant other's Excessive Daytime Sleepiness negatively impacted their relationship romantically.
- **32%** have avoided a social situation or missed an activity/event because of their partner's Excessive Daytime Sleepiness related to sleep apnea.
- **Over half (58%)** said there was a somewhat or very negative impact on their ability to enjoy certain entertainment activities or hobbies with their partner due to their Excessive Daytime Sleepiness related to sleep apnea.



Coping with Excessive Daytime Sleepiness Related to Sleep Apnea



- **61%** of patient respondents said they agree that they are frustrated by their constant sleepiness and **52%** agree that they often feel it is their fault when they are tired during the day.
- Patients reported that it is common for them to nap (**53%**), use caffeine (**47%**) or drink water/eat (**45%**) to help manage their symptoms.
- **36%** have given up hobbies or activities, avoided social situations, or missed events because of their Excessive Daytime Sleepiness related to sleep apnea.

Talking with a Doctor



- Patients see a variety of doctors to help manage their sleep apnea, with the majority going to either a sleep specialist (**49%**) and/or primary care physician (**43%**).
- Of the patients surveyed who have seen their doctor in the past 12 months, **47%** have discussed their ability to do daily activities, **33%** discussed their emotional well-being and **30%** discussed their work productivity associated with their Excessive Daytime Sleepiness related to sleep apnea.
- Of the **74%** of patients who have discussed Excessive Daytime Sleepiness with their doctor, more than **3 in 5 (64%)** say they are the ones initiating the conversation.
- Of the patients surveyed who do not talk to their doctor about their Excessive Daytime Sleepiness, **19%** were not aware it could be connected to their sleep apnea.

Options Beyond CPAP/Airway Therapy



- When told that sleep apnea can impact the brain's normal wakefulness signals, which can lead to Excessive Daytime Sleepiness that may persist even with proper use of a CPAP device, **41%** of patients surveyed were concerned and **38%** felt either inclined or motivated to talk to their doctor about their symptoms.
- The majority (**72%**) of patients surveyed were aware that CPAP is not the only treatment to address Excessive Daytime Sleepiness related to sleep apnea.
- **73%** of patients surveyed agreed that they wish they knew more about treatment options for Excessive Daytime Sleepiness related to sleep apnea other than CPAP.
- **About 4 in 5** patients (**81%**) and partners (**80%**) surveyed said they would be interested in learning more about prescription medications that could address their Excessive Daytime Sleepiness related to sleep apnea.

Patients surveyed were likely to make the following changes to address their Excessive Daytime Sleepiness related to sleep apnea and partners were likely to encourage these changes if recommended by a healthcare professional:

Change diet

Patients: **81%**

Partners: **85%**

Increase amount of sleep

Patients: **79%**

Partners: **83%**

Exercise more often

Patients: **72%**

Partners: **88%**

Take a prescription medication

Patients: **68%**

Partners: **68%**

For more information, please visit: ADifferentKindOfTired.com
or join the conversation on Facebook at Facebook.com/ADifferentKindOfTired.

*CPAP: continuous positive airway pressure.