



Telligen Sleep Apnea Program

DID YOU KNOW?

Sleep apnea affects nearly 43 million Americans and raises the death risk by 46% for people affected by the condition. What is even more alarming is that 75 percent of severe cases remain undiagnosed.

Sleep apnea is a sleep disorder which occurs when a person's breathing is interrupted during sleep. With untreated sleep apnea, a person may stop breathing hundreds of times per night meaning the brain and the body may not get enough oxygen. There are two types of sleep apnea:

- Obstructive Sleep Apnea which is caused by a blockage of the airway usually when the soft tissue in the back of the throat collapses during sleep
- Central Sleep Apnea which is caused by failure of brain to send signal to the muscles to breathe

HOW IT WORKS

- 1** Identification of members through case management / disease management programs
- 2** Collaboration with the member and their provider for sleep study and CPAP rental
- 3** Health coach receives automated alerts
- 4** Health coach monitors adherence and provides coaching to the member (*this is an ongoing step throughout the program*)

SYMPTOMS

- Lack of energy
- Excessive daytime sleepiness
- Morning headaches
- Hypertension
- Depression
- Heartburn
- Large neck size
- Obesity
- Irregular breathing during sleep
- Frequent urination at night
- Night time choking, gasping or coughing

IMPROVED HEALTH

Hypertension: Cause and Effect

50% of members with a history of long term sleep apnea have high blood pressure

Continual lack of sleep and shortage of oxygen prevents the blood pressure from falling while sleeping

Treatment will decrease the development of hypertension and decreases the blood pressure readings by 10 mmHG

Cardiovascular Disease: Cause and Effect

76% of congestive heart failure patients have sleep apnea

High blood pressure causes damage to blood vessels restricting the blood supply which forces the heart to work harder

Treatment will decrease the risk of cardiovascular disease by 37% and stroke by 56%

Diabetes: Cause and Effect

48% of those with type 2 diabetes have sleep apnea

The body's reaction to sleep loss results in the cells failure to use insulin efficiently resulting in higher blood sugars

Treatment will reduce the insulin resistance for improved blood sugar control

Obesity: Cause and Effect

86% of diabetics with obesity have sleep apnea

People tend to eat more as the result of poor sleep

Treatment will improve alertness and motivation which results in eating less and still having energy

THE TELLIGEN DIFFERENCE

- **Improved quality of life within the first week. Further improvement with sustained compliance.**
- **Reduction in blood pressure readings within first week.**
- **Reduction in risk for cardiovascular disease and stroke will begin within three months and improves further with sustained compliance.**
- **Improved diabetic management is immediate and improves further with sustained compliance**
- **Positive return on investment within 18-24 months.**

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