



795 North 400 West
Salt Lake City, UT 84103



Sleep **4^a** Healthy Life

**HOW DID YOU
SLEEP LAST
NIGHT?**

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If you snore regularly and experience constant daytime sleepiness, you may have a condition called “sleep apnea”. Although it is as widespread as asthma and diabetes, sleep apnea often remains undiagnosed – a “hidden epidemic”.

Sleep apnea is a general term for breathing problems that occur during sleep. People with sleep apnea stop breathing throughout the night sometimes up to 100 times a night. It affects approximately 20 million adults and has serious negative health effects when present with other conditions.

Recent research shows that snoring and sleep apnea are associated with many serious conditions. Left untreated, they are a contributing risk factor in high blood pressure, heart disease, stroke, diabetes, and depression.

This condition can be treated. The standard treatment for sleep apnea is continuous positive airway pressure (CPAP) therapy. CPAP is a bedside device that gently delivers pressurized air through a nasal mask.

Union Pacific Health System cares about the well-being of our members. We are concerned about the problems that may be caused if sleep apnea is left untreated. Therefore, we are making CPAP available therapy to you. If you have been diagnosed with sleep apnea, ask your doctor about CPAP therapy.

Keep checking your mail for additional information regarding this condition. If you have questions or for more information please contact Mike Kelly, Director of Member and Customer Services at 800-547-0421 or visit us at www.uphealth.com/sleep.

