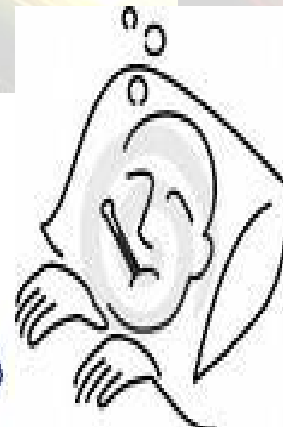




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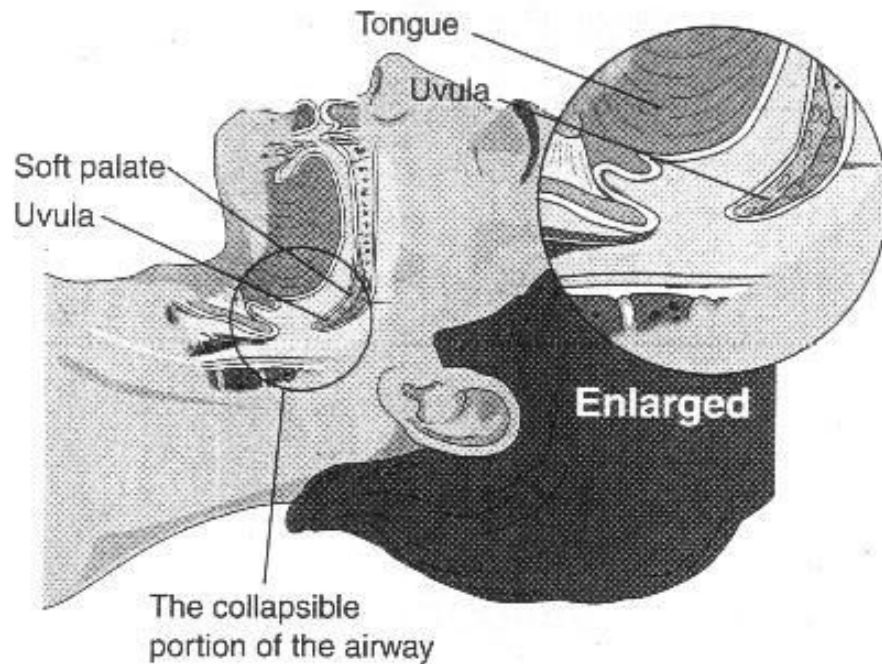
Driving and Obstructive Sleep Apnoea

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ResMed UK Ltd

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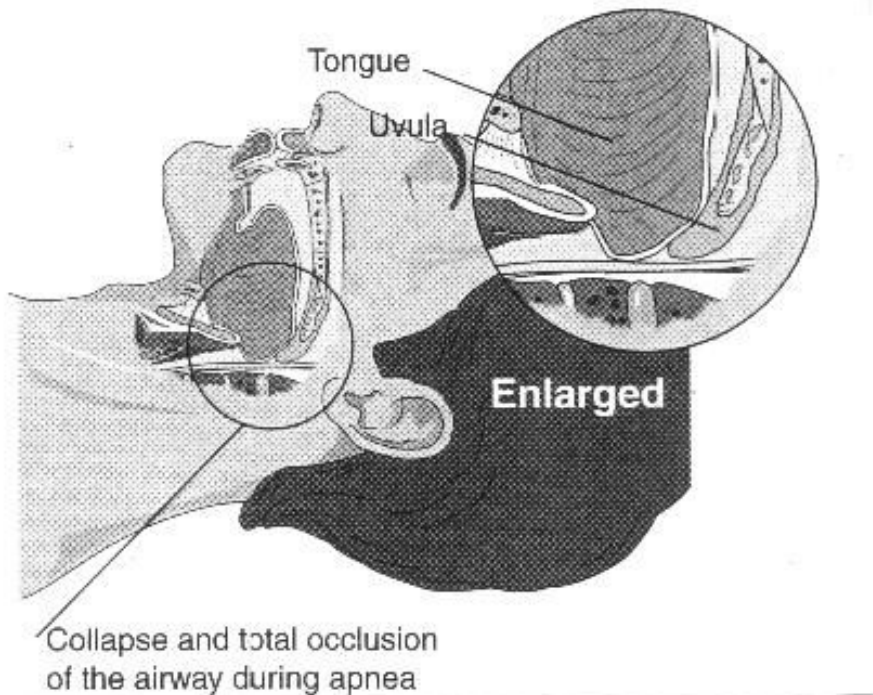
Normal Breathing



When awake & with normal breathing during sleep, several different muscles act to hold these areas of the throat (pharynx) open

What Is Obstructive Sleep Apnoea?

- A complete or partial cessation of breathing during sleep.
- Caused by excess weight around the neck and/or weak upper airway muscles **Animation**
- Affects primarily over-weight, middle-aged men



- Breathing causes negative pressure and suction on the walls
- Airway is held open by bony structures
- Pharynx uses muscle tone but loses tone when asleep
- Anything narrowing the airway “tube” increases risk of collapse
- Snoring is the vibration during a narrowing

What Are the Signs and Symptoms?

- Affects primarily over-weight, middle-aged men, but not exclusively!
- **During the night;**
Heavy snoring
Gaspings during sleep
Stopping breathing
- **During the day;**
Excessive tiredness during the day (falling asleep on the job)
Inability to concentrate
Irritability.



OSA and Driving



Apnoeic Event

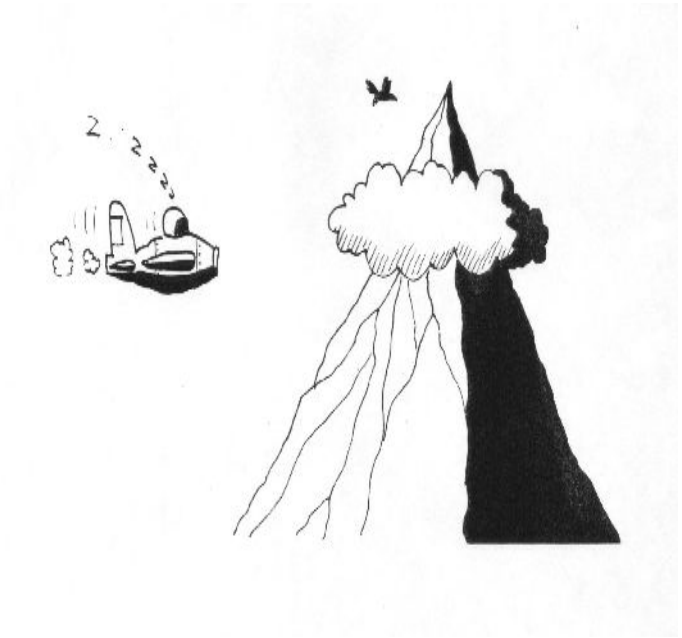


Did You Know....?

- OSA sufferers are **7 times more likely to be involved in a RTA**
- 1 in 10 adults may suffer from OSA
- **80%** of sufferers have **not been diagnosed**
- OSA is as **common as Type II Diabetes** and often mis-diagnosed
- 15-20% of all RTA's are related to sleep disorders (Findley 2001)
- Treating OSA will show a marked reduction in RTA's
- In the US, 800,000 drivers were involved in OSA-related motor-vehicle collisions in the year 2000 (Sassani 2004)
 - \$15.9 billion
 - 1400 lives
 - Treating all OSA drivers would cost \$3.2 billion, saving \$11.1 in collision costs and 980 lives annually

What are the Consequences?

- Excessive sleepiness often causes people with OSA to fall asleep in situations when it is important they remain awake
- Increased blood pressure
- Cardio-vascular disease
- Stroke
- Obesity
- Decreased productivity
- Untreated, OSA has social, domestic and relationship consequences



Take Some Action and be Responsible...



- Identify those at risk
- Commercial
 - Implement a simple screening program through Occupational Health
- Public
 - Go and see your GP

- Treatment is by Continuous Positive Airway Pressure (CPAP)
- Works as an air splint to maintain upper airway patency during sleep
- Most effective non-invasive therapy
- Resolves apnoeas and associated symptoms



In Conclusion

- Treating Obstructive Sleep Apnoea will benefit
 - The driver
 - The company
 - The public
 - Reduced accident rates and associated costs
 - Savings in relief-driver costs
 - Lower insurance premiums?
 - Protection against criminal prosecutions and litigation
 - Improved business performance
- Come and talk to ResMed to see how we can assist you in developing and implementing a care programme



Thank You for Your Time

Any questions?