

# Treat Obstructive Sleep Apnea to help control Type 2 Diabetes



Get the sleep you deserve.

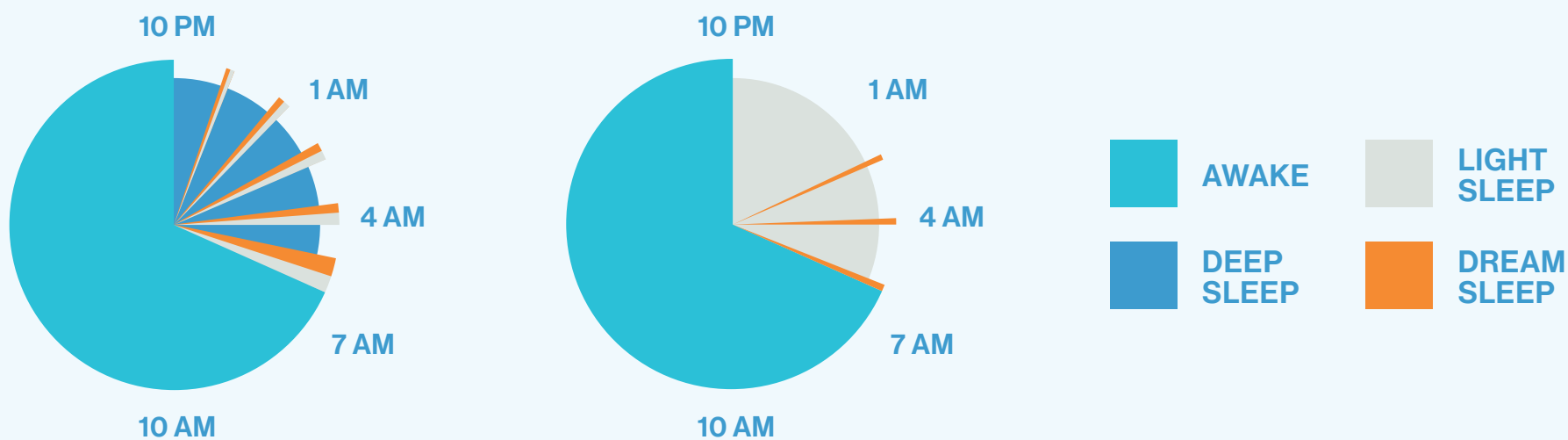
7 out of 10 adults with Type 2 Diabetes also have Obstructive Sleep Apnea (OSA)<sup>1</sup>



Untreated OSA interrupts and reduces your dream sleep<sup>2</sup>

NORMAL SLEEP CYCLE

SLEEP CYCLE WITH OSA



Did you know? Reduced quality of sleep can:

- ↑ INCREASE CRAVINGS
- ↑ INCREASE INSULIN RESISTANCE AND BLOOD SUGAR

Treating Sleep Apnea helps you dream better and feel better.



Ask us how we can treat your OSA so you can dream again.

Speak with your sleep consultant or visit [vitalaire.ca](http://vitalaire.ca).



1. Aronsohn RS et al. Impact of Untreated Obstructive Sleep Apnea on Glucose Control in Type 2 Diabetes. American Journal of Respiratory and Critical Care Medicine 2010; 181:507-513.

2. Findlay U et al. Apnea duration and hypoxemia during REM sleep in patients with obstructive sleep apnea. Chest 1985; 87:432-436.

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