



# Diabetes

It may be related to a  
sleep disorder

**PHILIPS**  


Clinical studies have shown a link between Type 2 diabetes and obstructive sleep apnea (OSA). OSA is a common condition in which the upper airway repeatedly collapses during sleep, causing a decreased airflow that stresses the heart and raises blood pressure. If untreated, this condition may worsen glucose control and insulin resistance, and lead to blood sugar imbalance.

## Are you at risk for OSA?

- Do you snore?
- Do you ever stop breathing during sleep?
- Do you feel sleepy during the day?
- Do you have a history of high blood pressure?

If you answered yes to two or more of these questions, talk to your doctor. Your doctor can assess your need to have further evaluation of your breathing while you sleep. A sleep study will diagnose whether you have OSA and indicate the best treatment.

## What are the benefits of treating OSA?

Clinical studies have shown that treatment of OSA may:

- Prevent or delay the progression of Type 2 diabetes
- Reduce diabetic complications
- Improve daytime energy and glucose control
- Reduce the potential risk for heart attack, stroke and heart disease

## What is a sleep study?

In order to receive a proper diagnosis, you will be required to undergo a sleep study. Sleep studies can be performed in a sleep lab or at home using a portable device. During an in-lab sleep study, you will spend the night in a private room at a local sleep center. The use of a portable device allows you to undergo testing in a number of places including nursing homes, hospitals, or the comfort of your own home. Your physician will recommend the most appropriate type of study. Based on the results of the study, your physician will be able to make a diagnosis and recommend treatment options.



Talk to your doctor if you think you may have OSA.

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Philips Respiration  
1010 Murry Ridge Lane  
Murrysville, PA 15668

**How to reach us**

[www.philips.com/healthcare](http://www.philips.com/healthcare)  
Fax: +31 40 27 64 887

Customer Service  
+1 724 387 4000  
800 345 6443 (toll free)

**Asia**

+852 2821 5888

Respironics Europe,  
Middle East,Africa

Europe, Middle East,Africa  
+31 40 27 87246

+33 1 47 52 30 00

**Latin America**

+55 11 2125 0764

Respironics Asia Pacific

+65 6298 1088

[www.philips.com/respironics](http://www.philips.com/respironics)

**North America**

+1 425 487 7000

800 285 5585

(toll free, US only)

**For more information about sleep apnea, talk to your healthcare provider or visit [sleepapnea.com](http://sleepapnea.com)**

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