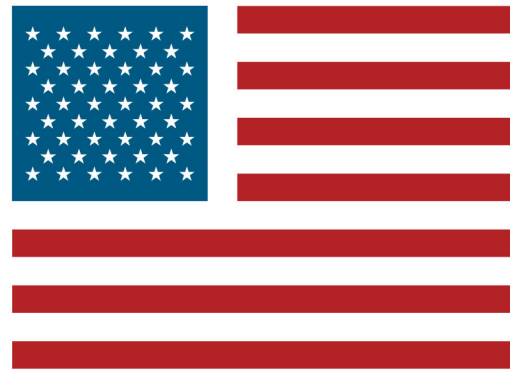


SLEEP MEDICINE IN AMERICA

THE AMERICAN ACADEMY OF SLEEP MEDICINE
Achieving optimal health through better sleep



About **70 million Americans** suffer from a sleep problem, and nearly 60% have a chronic sleep disorder. Our nation's sleep problem is so widespread that the CDC has called insufficient sleep "**a public health problem.**"



7 in 10 people



\$63.2 billion



300,000 accidents

At least **25 million** adults have obstructive sleep apnea - about the same as the population of Texas.

About **7 in 10 people** with Type 2 diabetes also have obstructive sleep apnea.

Insomnia causes an estimated **\$63.2 billion** in annual losses in work performance.

Drowsy driving causes **more than 300,000** motor vehicle accidents each year.

In a nation where millions of people are struggling to sleep well at night and stay awake during the day, the need for sleep specialists has never been greater.



7,500 specialists



2,500 centers

Sleep medicine expertise is available across America from about 7,500 board-certified sleep specialists and more than 2,500 AASM-accredited sleep centers.

AASM
American Academy of
SLEEP MEDICINE™

www.sleepeducation.org