



Sleep Dynamics
Foundations of Great Sleep



BLOOD PRESSURE

Approximately one in every five adults have Sleep Apnea. People with Sleep Apnea have an increased risk of developing hypertension (high blood pressure), that is independent of all risk factors. There is a dose-response relationship: the more severe the Sleep Apnea, the greater the risk of developing hypertension. During healthy sleep, blood pressure decreases. During disrupted sleep, Sleep Apnea patients tend to experience elevated blood pressure and prolonged cardiovascular stress, leading to increased blood pressure—both night and day. Sleep Apnea is strongly associated with hypertension, independent of all other risk factors. Sleep Apnea is present in more than 30% of patients with hypertension. Sleep Apnea occurs in around 80% patients with drug resistant hypertension. For this group of patients, Positive Air-way Pressure, (PAP) Therapy may be especially important. Treatments of patients with PAP (such as CPAP, APAP, and bilevel) may result in a significant drop in blood pressure. This drop in one study was significant to reduce risk of a coronary heart disease event by 37% and stroke risk by 56%.

If you have any symptoms that could be associated with Sleep Apnea and you have high blood pressure speak to your doctor today.

**Call our friendly and informative
Sleep Team. Phone: (02) 4044 1260**