

Sleep Apnea: What You Need to Know Program Summary

Obstructive Sleep Apnea is a serious unrecognized safety issue in our workplaces and worksites, often associated with memory loss, brain fog, balance issues, hypertension, and diabetes.

“Insomnia won’t kill you, but OSA (obstructive sleep apnea) eventually will.”
- Ryerson Sleep and Depression Clinic

Participants will:

- Learn how to recognize that they may have sleep apnea.
- Assess the cost of sleep apnea to their health, their relationships, and their work.
- Make an action plan for investigation.
- Evaluate treatment options.
- Become more confident and more committed to maintaining treatment if required.

Program Outline

What is Sleep Apnea?

Signs and Symptoms

Self-Assessment

How it is diagnosed

Treatment options

Benefits of treatment and risks of not treating

Challenges of treatments

Coaching for development of a Personal Action Plan and Next Steps