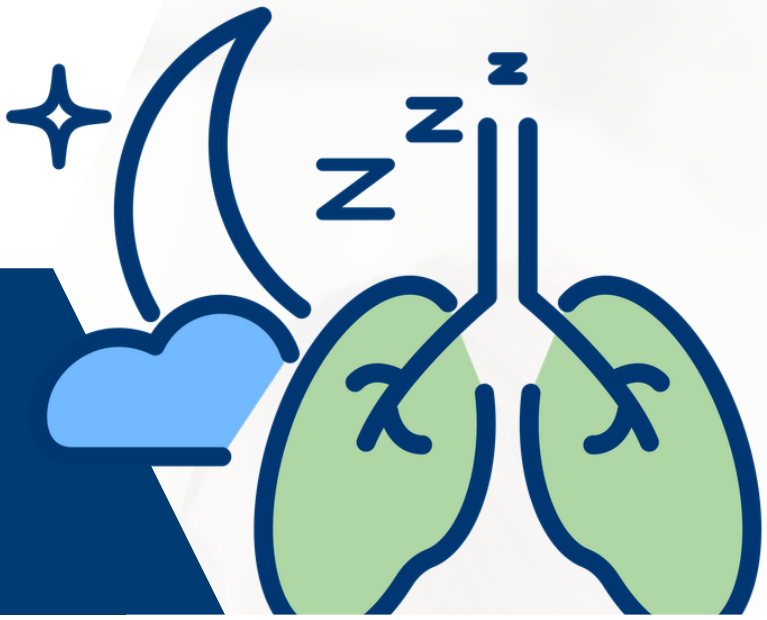
MedPro Respiratory Care

National Sleep Awareness MONTH

March 2026 Newsletter



Obstructive Sleep Apnea (OSA) Cognition, and Mental health

Cognitive Impairment & Dementia Risk

- OSA is strongly associated with impaired memory and thinking in young and middle-aged adults
- Intermittent hypoxia and sleep fragmentation are likely primary drivers of brain structural and cognitive deficits

Early identification can significantly improve patient outcomes — we're here to support timely diagnosis and treatment.

OSA & Depression

- Longitudinal studies show increased risk of depression in patients with moderate to severe OSA
- CPAP treatment has demonstrated improvements in depression scores, likely related to reduced daytime sleepiness

International Women's Day: March 8th Women and OSA

Symptom Profile

- Presentations often include insomnia, fatigue, headaches, mood disturbance, and cognitive complaints
- Classic symptoms (snoring, witnessed apneas, nocturia, sleepiness) may be less frequently reported.

Clinical Relevance

- Untreated OSA in women is linked to increased stroke risk, cardiovascular disease, and reduced quality of life

Considerations

- Consider screening for OSA in women presenting with persistent fatigue, insomnia, or mood changes, particularly when risk factors are present.

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Scan for CPAP Requisition

References:

Available from your MedPro Representative or found below:

1. Source: Clin Geriatr Med. Author manuscript; available in PMC 2015 November 23.
2. Source: Sleep Med Rev. Author manuscript; available in PMC 2021 April 01.
3. Sleep and Breathing (2025) 29:250. Vol.: (0123456789). https://doi.org/10.1007/s11325-025-03420-1