

Resolution

Recognizing the increased risk of sleep apnea among soldiers returning from active duty and the benefits of continuous positive airway pressure (CPAP) therapy on treating OSA in soldiers suffering from Posttraumatic Stress Disorder (PTSD).

Whereas, 12-18 million Americans remain untreated for obstructive sleep apnea (OSA); and Whereas, untreated OSA can lead to heart disease, stroke, hypertension, type 2 diabetes, and depression; and

Whereas, 54% of the patients with PTSD who underwent sleep studies at Walter Reed National Military Medical Center were diagnosed with OSA; and

Whereas, 20% of soldiers will develop sleep apnea in their lifetime; and Whereas, soldiers are four times more likely to develop sleep apnea than nonveteran civilians; and

Whereas, studies show that 37% of soldiers showing symptoms for PTSD also report symptoms of insufficient sleep; and

Whereas veterans suffering from PTSD experience fewer nightmares when their OSA is treated with continuous positive airway pressure (CPAP) therapy; and

Whereas, the lack of public awareness of the disease, poor sleep habits during active duty, and the effects of PTSD among veterans that lead to poor sleep leads to many undiagnosed, untreated, and severe cases. Now, therefore, be it

That the House of Representatives:

- (1) Support raising public awareness of sleep apnea, especially for our military personnel and veterans; and
- (2) Support providing access to care for military personnel and veterans with sleep illnesses such as OSA; and
- (3) Encourage all American soldiers and veterans to seek and maintain healthy sleep habits both during and after active duty; and
- (4) Further explore CPAP as a viable treatment for OSA in patients with PTSD.