

## ZEPBOUND® (TIRZEPATIDE) FOR OBSTRUCTIVE SLEEP APNEA (OSA)

### QUICK FACTS:

Obstructive sleep apnea (OSA) is a common sleep disorder in which breathing repeatedly stops when the airway becomes blocked or collapses during sleep. Extra body weight, especially around the neck, can make OSA worse. Losing weight may help keep the airway more open and improve breathing problems during sleep. Zepbound® (tirzepatide) is a medication that supports weight loss and may improve OSA in some people.

### WHAT IS ZEPBOUND®?

Zepbound is a once-weekly prescription injection. Its generic name is tirzepatide. It acts like two natural hormones in the body, called GIP and GLP-1, which help control hunger, digestion, and blood sugar. By helping you feel full sooner and eat less, Zepbound supports weight loss. Weight loss can lead to improvements in OSA. Tirzepatide is also sold as Mounjaro® when used to treat type 2 diabetes.



### *i* How can Zepbound help OSA?

Excess body weight can narrow the airway and worsen OSA. In clinical studies, adults with OSA and obesity who used Zepbound:

- Had fewer breathing pauses during sleep
- Felt less sleepy during the day
- Lost about 18–20% of body weight at 1 year
- Achieved the greatest improvement when used together with CPAP therapy

Zepbound helps reduce OSA severity but does not replace CPAP or other OSA treatments.

### HOW DO I TAKE IT?

- Inject it under the skin of your abdomen, thigh, or upper arm once each week. Your health care professional will teach you how to prepare and give the shot.
- Most people start with a low dose for four weeks. Then your doctor may raise the dose slowly.
- Change injection sites each week to avoid skin irritation.

### WHO CAN USE ZEPBOUND?

It is approved for **adults with:**

- **Moderate to severe OSA** (apnea-hypopnea index  $\geq 15$  events per hour) and
- **Obesity** (body mass index  $\geq 30$  kg/m<sup>2</sup>)

It may also be considered for adults with excess weight and other related conditions, such as high blood pressure, diabetes, or high cholesterol. It is **not used for central sleep apnea**. Your health care professional will help decide if Zepbound is right for you.

## WHO SHOULD NOT USE ZEPBOUND?

Do not use it if you have:

- A personal or family history of medullary thyroid cancer or multiple endocrine neoplasia type 2 (MEN 2)
- Serious allergy to tirzepatide or its ingredients
- Pregnancy or plan to become pregnant
- Severe stomach or intestinal problems or active gallbladder disease
- History of pancreatitis or certain heart conditions (discuss with your doctor)



## POSSIBLE SIDE EFFECTS

### Common (often improve over time)

- Nausea
- Diarrhea or constipation
- Vomiting
- Stomach discomfort

### Serious (but uncommon)

- Pancreatitis (severe or lasting belly pain, sometimes to the back)
- Gallbladder problems (pain under right ribs, nausea, vomiting)
- Kidney problems from dehydration
- Low blood sugar if you also take insulin or medication for diabetes
- Mood changes or thoughts of self-harm – get help right away

*\*Call your health care professional if side effects are severe or persistent.*

## Important Reminders

- **Do not stop CPAP or other OSA** therapy without medical advice.
- **Regular follow-up visits** and repeat sleep studies may be needed.
- Tell your health care professional about **all medicines** you take, especially for diabetes.
- **Birth-control pills may work less well** — discuss with your doctor.
- Stay hydrated and report persistent side effects.
- Health insurance coverage varies; your care team can help with insurance questions.

*This fact sheet is for general education and does not replace medical advice.*