

# Don't hit snooze on quality sleep

Quality sleep is the foundation for better days and better nights. When you consistently feel fully rested, there's no limit to what that can inspire.



## Poor sleep affects more than you might think



½ of all adults who sleep less than the recommendation also experience mild or greater levels of depressive symptoms.<sup>2</sup>

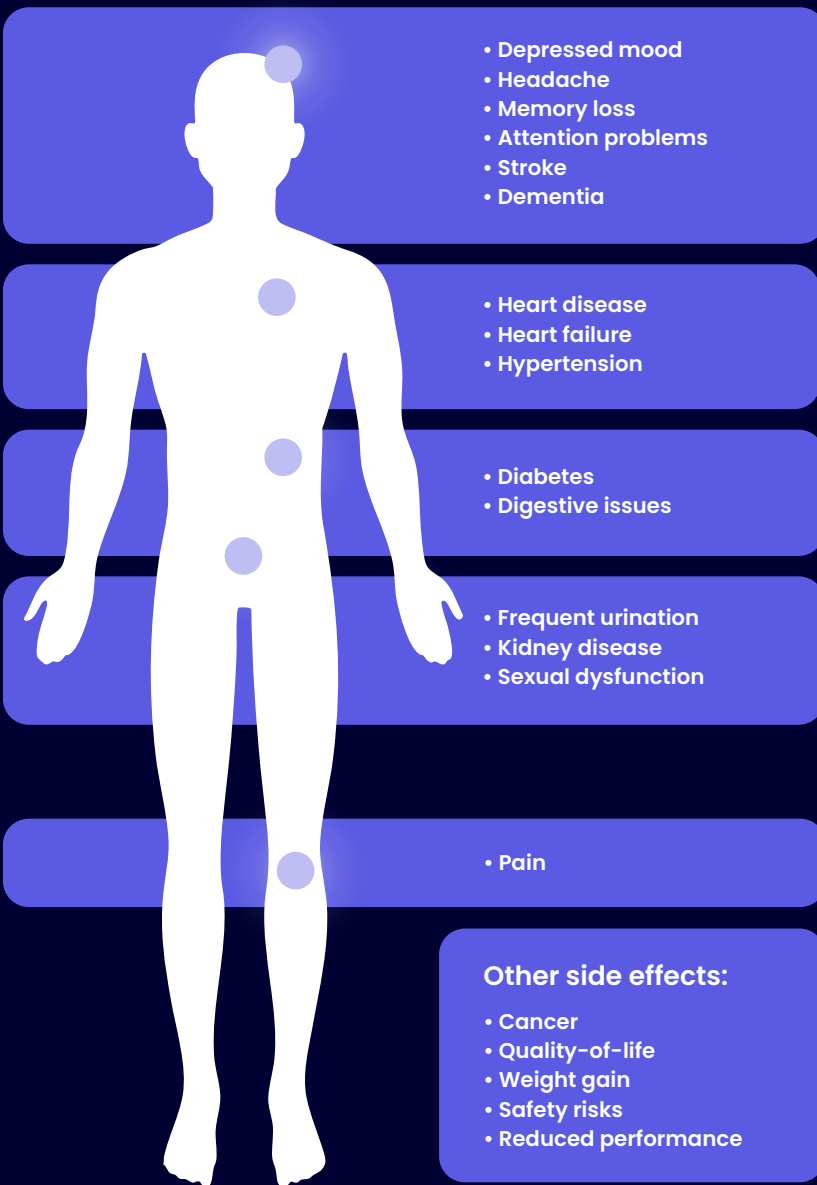


Roughly 20% of all crash-related fatalities are attributed to drowsy driving.<sup>3</sup>



90% of adults say good sleep has a positive impact on their work productivity.<sup>2</sup>

## Lack of sleep takes a toll on your whole body<sup>6</sup>



## How many hours of sleep do I need?<sup>1</sup>

● Recommended range

Older Adult (>65 years)



Adult (26-64 years)



Young Adult (18-25 years)



## 6 out of 10

adults do not meet National Sleep Foundation® recommendations for sleep duration.<sup>2</sup>

## Counting sheep and losing sleep

The three most common sleep disorders affecting American adults:<sup>4</sup>

- Insomnia
- Sleep apnea
- Restless leg syndrome

## The facts about sleep apnea.<sup>5</sup>

Inspire Medical Systems, Inc. has collaborated with the National Sleep Foundation® to uncover some new staggering statistics on the current understanding of sleep apnea and treatment.

### Nearly 9 in 10

adults say sleep apnea is a serious medical condition that is important to treat.

### Yet almost 1/3

of people diagnosed with sleep apnea are not currently receiving treatment.

### 78%

of Americans aren't aware of all treatment options available for sleep apnea.

### Nearly 9 in 10

adults recognize CPAP as a treatment option for sleep apnea, but **more than 40% weren't aware** of options like surgery, implants, and medication.

## 1 in 4

Americans can only identify a few health consequences of untreated sleep apnea despite untreated sleep apnea being linked to poor cardiovascular, metabolic and cognitive health.

1. Hirshkowitz, M. et. al., "National Sleep Foundation's Updated Sleep Duration Recommendations: Final Report - Sleep Health: Journal of the National Sleep Foundation." National Sleep Foundation, 2015.

2. "National Sleep Foundation's 2023 Sleep in America Poll." National Sleep Foundation. [thensf.org](https://www.sleepfoundation.org)

3. Tefft, Brian C. "Drowsy Driving in Fatal Crashes, United States, 2017-2021." AAA Foundation for Traffic Safety. 2024. [aaafoundation.org/drowsy-driving-in-fatal-crashes-united-states-2017-2021](https://www.aaafoundation.org/drowsy-driving-in-fatal-crashes-united-states-2017-2021).

4. Ohayon, M. M. (2011). Epidemiological overview of sleep disorders in the general population. Sleep Medicine Research, 2(1), 1-9.

5. These findings are based on a 2024 sleep survey of over 1,000 U.S. adults conducted by the National Sleep Foundation and issued in collaboration with Inspire Medical Systems, Inc. See full survey report for more on methodology and detailed results.

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