

A CLOSER LOOK AT

SLEEP APNEA



Sleep apnea is a potentially serious disorder in which an individual repeatedly stops and starts breathing while asleep.



Rural diagnoses up **911%**

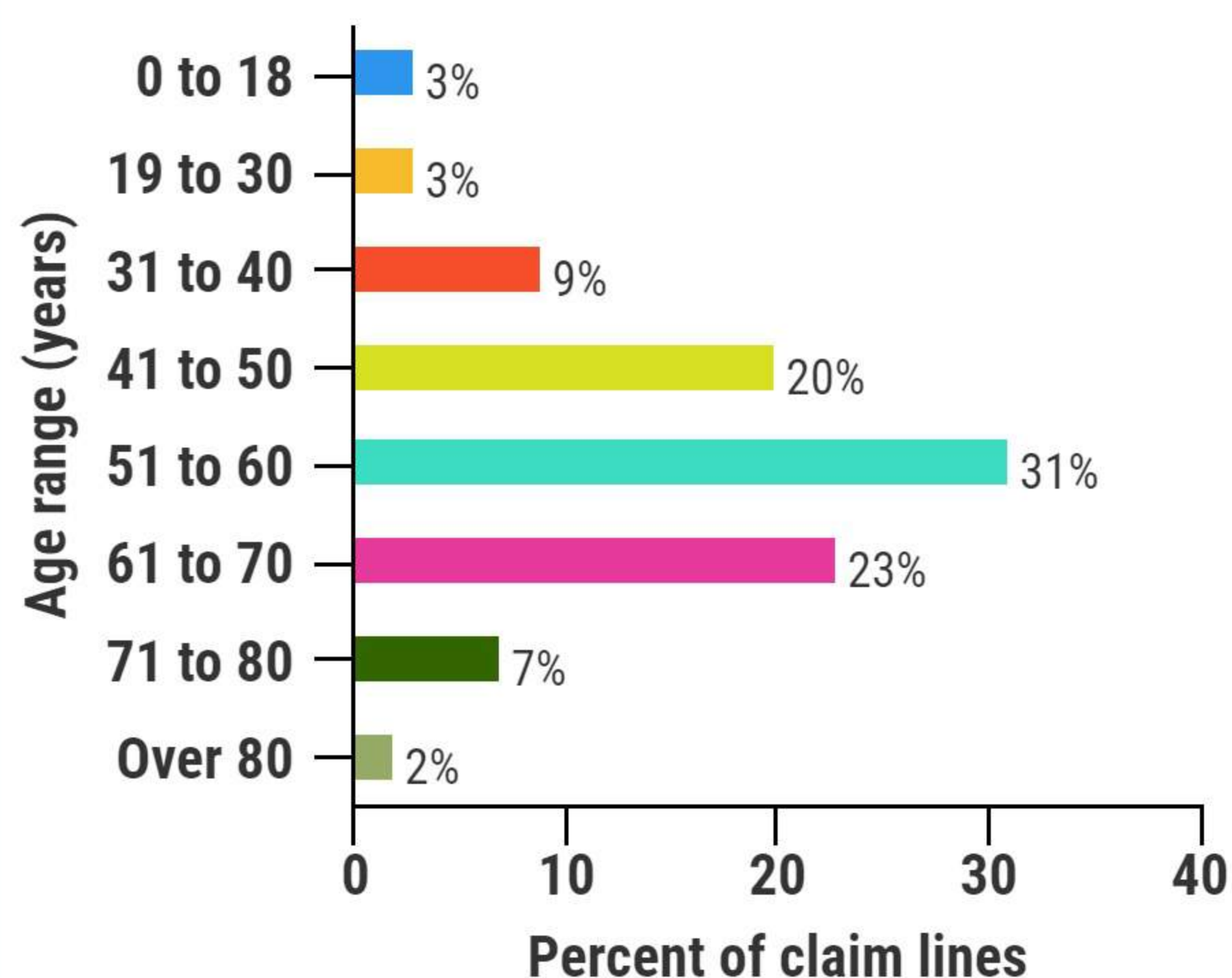
Claim lines with sleep apnea diagnoses in rural areas increased from 0.2% of all rural medical claim lines to 1.98% of all rural medical claim lines from 2014 to 2017. Urban areas saw an increase of 839% during the same time frame.



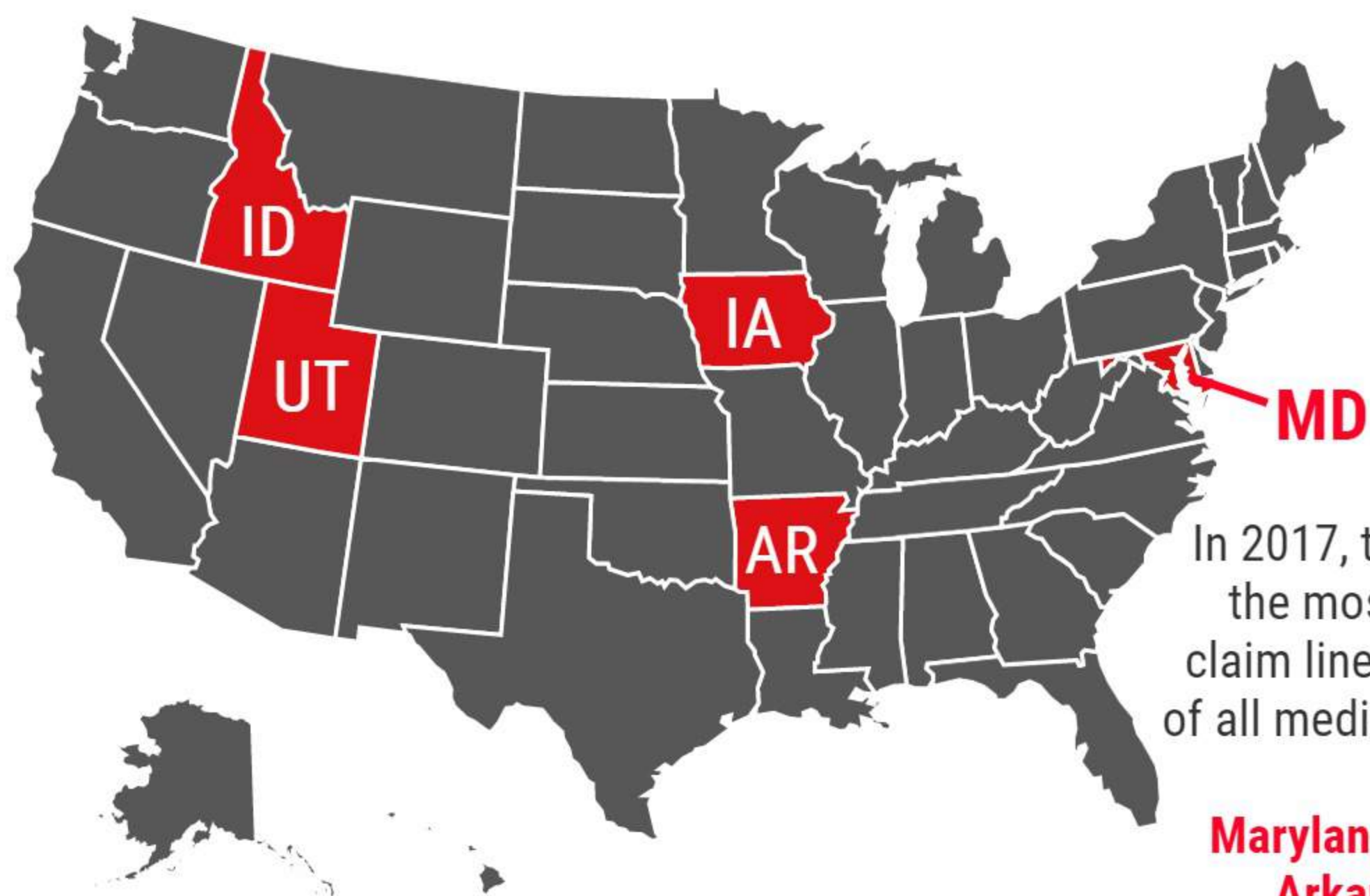
Males more likely to be diagnosed

Males are much more likely to be diagnosed with sleep apnea than females – with **65%** of the sleep apnea claim lines in 2016-2017 associated with a male patient compared to 35% for females.

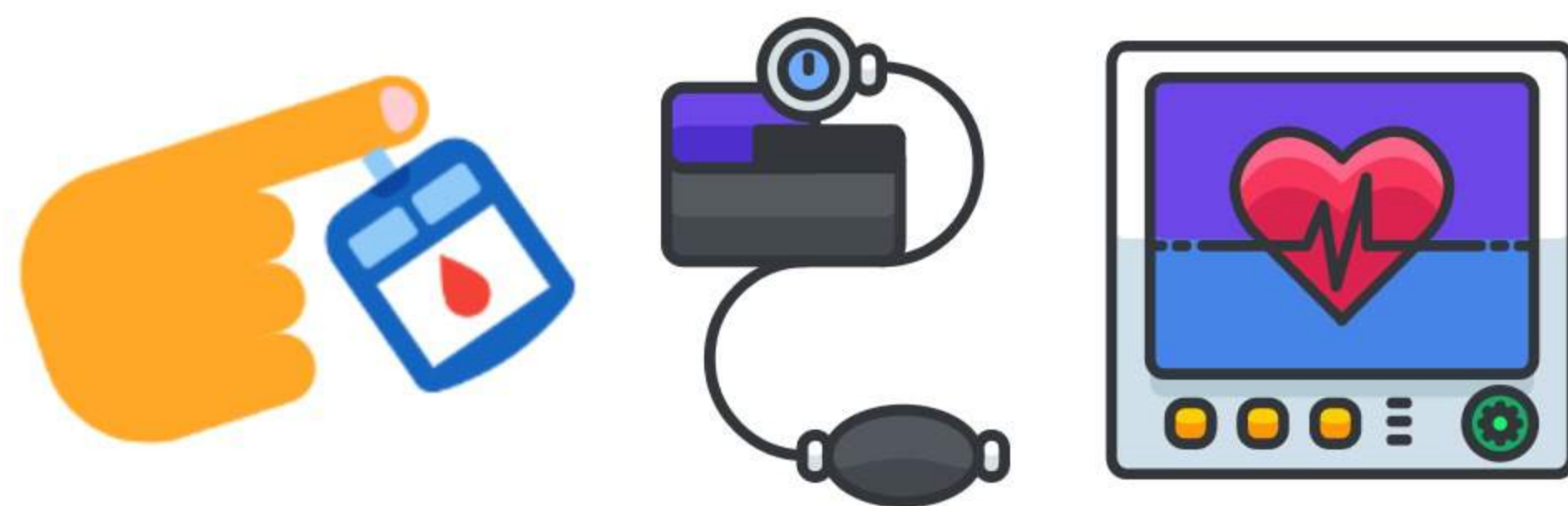
In 2016-2017, claim lines with sleep apnea diagnoses occurred most often in 51- to 60-year-olds.



Top Five States for Sleep Apnea Diagnoses (2017)



In 2017, the states with the most sleep apnea claim lines as a percent of all medical claim lines by state were **Maryland, Idaho, Utah, Arkansas and Iowa** (ranked from most to least).



In 2016-2017, the most common diagnoses associated with sleep apnea on claim lines were **diabetes, hypertension, respiratory and chest symptoms, dorsalgia, high cholesterol, general fatigue, joint pain and cardiac dysrhythmias.**