



Join the American Sleep Apnea Association in support of better treatment and care for sleep apnea by taking action today!

The American Sleep Apnea Association (ASAA) is excited to announce the **AWAKE Sleep Apnea** initiative, an education and empowerment initiative that includes several opportunities for sleep apnea patients, family members, and caregivers to help inform researchers, regulators, and life science companies about what it's like to live with sleep apnea. The AWAKE Sleep Apnea initiative is a collaboration of ASAA, numerous organizations, and the U.S. Food & Drug Administration (FDA). It's the first-of-its-kind campaign to accelerate progress in patient-centered care and treatment of sleep apnea.

In order for it to succeed, the ASAA needs your help – TODAY!

First, mark your calendar for June 8, 2018. This is the date of the AWAKE Sleep Apnea Patient-Focused Medical Product Development meeting taking place in the Washington, D.C.-area. You can participate in this one-day meeting in person or from the comfort of your home or office via a live webcast. The ASAA will be actively engaging patients, family members, caregivers, and advocates in a discussion of most problematic symptoms, impacts of sleep apnea on daily life, treatment approaches, and what's missing from the care that keeps you from living your fullest. Reserve your seat (in person or by webcast) by registering [here](#). If you're interested in potentially speaking on a panel at the meeting, please indicate that when prompted in the registration process.

Second, share your perspective via the online AWAKE Sleep Apnea Patient & Caregiver Survey. This 31-question anonymous survey covers six key areas of the patient experience, including diagnosis, symptoms, daily impacts, treatment approaches, and greatest concerns. It takes just 15 minutes or so to complete. Responses collected between now and June 8 will help the ASAA refine the discussion on the day of the meeting. Survey results will be included in the final AWAKE Sleep Apnea report published later this summer to capture the voices of patients & caregivers from across the country. The report will be shared with FDA, life science companies, the patient community, and the public. Take the [survey](#) now.

Third, participate in a webinar on May 8 to learn more about the AWAKE Sleep Apnea initiative, the June 8 meeting, and the survey. There will be plenty of time to get your questions answered. Register [here](#).

Sleep apnea affects as many as 18 million Americans of all ages, yet there have been relatively few forums for individuals affected by sleep apnea to share their experiences, express their treatment needs, and be heard by individuals directly involved in research, development, and regulation of medical products (including medications, medical devices, and diagnostic tests). By raising your voice through this unique campaign, you will accelerate progress for more and better options to treat sleep apnea.

Sincerely yours,

Adam Amdur
Chief Patient Officer
American Sleep Apnea Association

Carl Stepnowsky, PhD
Chief Science Officer
American Sleep Apnea Association