



## Drivers & Sleep Apnea

### **FOCUS**

According to The Federal Motor Carrier Safety Administration (FMCSA), reports show over 28 percent of **truck drivers** have **sleep apnea**. ... **Drivers with sleep apnea** are affected during working hours in terms of function and focus. **Sleep apnea** may lead to unsafe working environments and roads. Disrupted sleep can decrease a truck driver's cognitive function and can cause increased daytime sleepiness. This leads to more truck driving accidents.

### **ANTICIPATE**

**Growing obesity** rates in the truck driving industry, have left drivers more disposed to acquiring sleep apnea. Truck drivers are prone to obesity because of the inability to exercise and unhealthy meal choices while on the road. A normal Body Mass Index (BMI) is 20-25. What is your BMI? Are you obese? Do you have trouble sleeping? These are the signs of Disruptive Sleep Apnea.

### **CORRECT**

If you answered yes to the previous questions, you should try to exercise more, make better food choices. Get up and move every day. Even a little bit of exercise is better than none at all. If you are drinking alcohol nightly, this can also adversely affect your sleep. Carbs in alcohol turn to sugar which stimulates your system thus worsening your sleep apnea symptoms.

### **TALK**

If you believe you may have sleep apnea, the first step is to **Talk with your doctor** about getting a sleep apnea diagnosis from a sleep specialist. If you are diagnosed with sleep apnea, the next step is CPAP Therapy. **Talk with your insurance provider** to see if they cover Sleep Apnea. **Talk with the CPC "Highway to Health" nurses** as they have many options that you may not have thought of to assist you, with Sleep Apnea. **Talk to your family.** Sleep Apnea can disrupt more than your sleep and should be treated right away. **Last but not least, Talk with yourself.** Be honest about your current health condition. Do you have the signs of Sleep Apnea? High BMI, High Blood Pressure, Type 2 diabetes. Protect yourself and all those sharing the road with you on a daily basis.