

**An Official American Thoracic Society Statement: The Importance of
Healthy Sleep**

Recommendations and Future Priorities

Sutapa Mukherjee, Sanjay R. Patel, Stefanos N. Kales, Najib T. Ayas, Kingman P. Strohl, David Gozal, and
Atul Malhotra; on behalf of the American Thoracic Society *ad hoc* Committee on Healthy Sleep

THIS OFFICIAL POLICY STATEMENT OF THE AMERICAN THORACIC SOCIETY (ATS) WAS APPROVED BY THE ATS BOARD OF DIRECTORS, APRIL 2015

- Good quality sleep is critical for good health and overall quality of life.
- Long-term consequences of OSA include an increased risk of hypertension and cardiovascular disease, particularly stroke and heart failure, and impaired quality of life.
- Work suggests there may also be a link between sleep apnea and diabetes, depression, as well as cancer.
- Short sleep duration is associated with adverse outcomes including mortality.
 - Studies show long-term outcomes such as diabetes, obesity, depression, hypertension, and all-cause mortality...and impact the development of chronic disease via depression and other mental illness.
 - Depression is an independent risk factor for the development of type-II diabetes, hypertension, and cardiovascular disease.
- Sleep disorders are common, cause significant economic impact, but are treatable.
- Many individuals with sleep disorders remain undiagnosed and untreated.

