



Jazz Pharmaceuticals Survey Highlights Significant Impact of Excessive Daytime Sleepiness Related to Sleep Apnea

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Survey respondents reported challenges in their personal, social and professional lives as a result of Excessive Daytime Sleepiness related to sleep apnea
New educational campaign, "A Different Kind of Tired," launches to provide resources and support for people affected by this condition

DUBLIN, Oct. 10, 2018 /PRNewswire/ -- Jazz Pharmaceuticals plc (Nasdaq: JAZZ) announced today findings from a U.S. survey of more than 300 patients living with sleep apnea, and more than 300 partners of those with sleep apnea. An estimated 22 million Americans are living with sleep apnea and many may be unaware that feeling overwhelmingly tired during the day may be a sign that they are struggling with a real medical condition.¹ This condition, called Excessive Daytime Sleepiness related to sleep apnea, can have a negative impact on daily activities, including while at work, driving, and personal interactions outside of work.²⁻⁵

Experience the interactive Multichannel News Release here: <https://www.multivu.com/players/English/8390751-jazz-pharmaceuticals-sleep-apnea-survey-results/>

The survey, conducted by The Harris Poll and sponsored by Jazz Pharmaceuticals, asked sleep apnea patients and partners* of people living with sleep apnea about key topics connected to their experiences with Excessive Daytime Sleepiness. According to the survey results, more than one third (36%) of patients said their Excessive Daytime Sleepiness has caused them to miss out on activities or events, avoid social situations or give up activities. In addition, 17% of patients said Excessive Daytime Sleepiness has led to problems at work (e.g., missing a deadline or meeting, being disciplined at work, losing/leaving a job, making a special arrangement or missing out on opportunities like a raise or promotion), and 14% have fallen asleep at the wheel of a motorized vehicle, either stopped at a light/sign or while driving in the last 12 months. Additionally, nearly half of partners surveyed (45%) felt their significant other's Excessive Daytime Sleepiness negatively impacted their relationships, and 32% of partners reported having avoided social situations or missed activities/events because of their partner's Excessive Daytime Sleepiness.⁶ (*Download a summary of survey results [here](#) for more details*)

"The kind of exhaustion associated with sleep apnea can cause significant problems for patients at home, at work, and in their personal relationships," said Richard K. Bogan, MD, FCCP, FAASM, Associate Clinical Professor at the University of South Carolina School of Medicine and Chief Medical Officer at SleepMed in Columbia, SC. "It is important for patients to know that this extreme tiredness is not their fault. Patients and their partners are encouraged to speak with their doctor to learn if the tiredness they are feeling during the day could be related to sleep apnea and discuss a treatment plan that can work for them."

There are many ways to treat sleep apnea, but addressing the airway issue at night may not completely relieve the symptom of Excessive Daytime Sleepiness.⁷ Key findings from the survey highlighted that the majority of patients surveyed (73%) wished they knew more about treatment options for Excessive Daytime Sleepiness other than Continuous Positive Airway Pressure (CPAP), which is the most common form of airway therapy. A majority of partners surveyed (82%), would be likely to encourage their partner to make a change if recommended by their physician, including exercising more often (88%), changing their diet (85%) and taking a prescription medication (68%).⁶

To help patients and their loved ones recognize the signs and symptoms of Excessive Daytime Sleepiness related to sleep apnea, Jazz launched "A Different Kind of Tired," an educational campaign geared toward helping people living with sleep apnea understand that the exhaustion they feel during the day may be something more and encourage them to seek help.

"Excessive Daytime Sleepiness related to sleep apnea is a medical condition that causes many people to struggle to stay awake each day," said Jed Black, M.D., senior vice president, Sleep and CNS Medicine at Jazz Pharmaceuticals and adjunct professor at Stanford Center for Sleep Sciences and Medicine. "This survey underscores the impact faced by patients and their loved ones who experience the negative effects of Excessive Daytime Sleepiness related to sleep apnea. Continuing Jazz's commitment to sleep medicine, we are excited to offer this community new resources and information about Excessive Daytime Sleepiness related to sleep apnea through 'A Different Kind of Tired.'"

People living with Excessive Daytime Sleepiness related to sleep apnea and their loved ones can access additional information about the survey, download a discussion guide for their next doctor's visit, and learn more about the condition by visiting ADifferentKindOfTired.com and by joining the conversation on Facebook at [Facebook.com/ADifferentKindOfTired](https://www.facebook.com/ADifferentKindOfTired).

*About the Survey and Survey Methodology

The self-administered, online survey was conducted by The Harris Poll on behalf of Jazz Pharmaceuticals from July 11-23, 2018. All participants were asked about key topics connected to their experiences with Excessive Daytime Sleepiness and sleep apnea.

Respondents included a national sample of patients and partners who met the following criteria:

- Patients (310): U.S. residents, age 18+, that (i) have been diagnosed with sleep apnea, (ii) have not been diagnosed with another sleep condition, and (iii) scored a 10 or higher on the Epworth Sleepiness Scale (ESS).
- Partners (303): U.S. residents, age 18+, are the spouse or partner of someone who has been diagnosed with sleep apnea who does not currently have any other sleep conditions and scored a 10 or higher on the ESS.

Data were not weighted and are therefore only representative of the individuals who participated in the survey.

About "A Different Kind of Tired"

"A Different Kind of Tired" is an educational campaign created by Jazz Pharmaceuticals to provide resources and information for patients living with Excessive Daytime Sleepiness related to sleep apnea and their loved ones. ADifferentKindofTired.com offers a discussion guide to help patients facilitate conversations about Excessive Daytime Sleepiness related to sleep apnea with their doctors and loved ones. Patients and loved ones can also join the Facebook community to learn more and connect with others living with Excessive Daytime Sleepiness related to sleep apnea at Facebook.com/ADifferentKindofTired. Dr. Bogan is a paid consultant for Jazz Pharmaceuticals.

About Sleep Apnea and Excessive Daytime Sleepiness

Obstructive sleep apnea, commonly referred to as sleep apnea, is a highly prevalent disease (as high as 14% in men and 5% in women) in which Excessive Daytime Sleepiness is a major presenting complaint in many cases.^{4,5,8,9} Excessive Daytime Sleepiness related to sleep apnea is associated with impairments in cognitive function, work productivity, interpersonal relationships, and overall quality of life.^{3,5,10} Positive Airway Pressure (PAP) therapy, with its most common form being Continuous Positive Airway Pressure (CPAP), has been shown to be an effective therapy for sleep apnea that frequently results in improvement in Excessive Daytime Sleepiness in many patients; however, not all patients tolerate CPAP therapy and among those who tolerate CPAP, usage is highly variable. It is estimated that Excessive Daytime Sleepiness persists in 13%-65% of people using CPAP for sleep apnea.^{7,9,11-12}

About Jazz Pharmaceuticals plc

Jazz Pharmaceuticals plc (Nasdaq: JAZZ) is an international biopharmaceutical company focused on improving patients' lives by identifying, developing and commercializing meaningful products that address unmet medical needs. The company has a diverse portfolio of products and product candidates with a focus in the areas of sleep and hematology/oncology. In these areas, Jazz Pharmaceuticals markets Xyrem[®] (sodium oxybate) oral solution, Erwinaze[®] (asparaginase Erwinia chrysanthemi), Defitelio[®] (defibrotide sodium) and Vyxeos[®] (daunorubicin and cytarabine) liposome for injection in the U.S. and markets Erwinase[®], Defitelio[®] (defibrotide) and Vyxeos[®] 44 mg/100 mg powder for concentrate for solution for infusion in countries outside the U.S. For country-specific product information, please visit <http://www.jazzpharmaceuticals.com/products>. For more information, please visit <http://www.jazzpharmaceuticals.com/> and follow us on Twitter at [@JazzPharma](https://twitter.com/JazzPharma).

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