

MEDIA CONTACT:

Wendy Kenney, Media Relations

(480) 242-5219 / wnkenney@gmail.com

One-Third of NFL Players at Higher Risk of Sleep Apnea –AZ Cardinals not Exempt

Phoenix, Arizona) September 20, 1010- The recent “terrifying” collapse and heart stoppage of Minnesota [Vikings Wide Receiver Percy Harvin](#) brings to light a serious health condition affecting as many as one-third of NFL players, according a medical study conducted by the [Mayo Clinic in 2009](#). The study found that up to one-third of NFL players have sleep disordered breathing, also known as sleep apnea, a disorder that increases the chance that players will not get a good night’s sleep before they hit the gridiron and therefore putting them at high risk for other health-related conditions.

In 2004 Defensive End Pro Bowl Player Reggie White died from sleep apnea-related causes at the age of 43.

Sleep apnea is a potentially serious type of sleep disorder in which sufferers stop breathing involuntarily as many as 20 to 30 times per hour during sleep, and are at risk for high blood pressure, heart disease and stroke.

The presence of sleep apnea among the pro football group was 14 percent overall, nearly five times higher than noted in previous studies of similarly aged adults. It was even more common for higher risk players — 34 percent of linebackers, defensive players responsible for stopping rushers and pass receivers, suffered from it.

“Many people do not know they have a serious sleep disorder, which is why so many people go undiagnosed” says Lauri Leadley, President of Valley Sleep Center. “Football players seem to be at a higher risk because they have a higher BMI than most men their age.”

Symptoms of sleep disorders may include daytime tiredness, snoring, and migraine headaches, such as the ones that Percy Harvin had been complaining from.

As many as 18 million Americans are believed to suffer from sleep apnea, according to the National Institutes of Health. Because their sleep is constantly interrupted, those with sleep apnea do not get a full night of deep, restful sleep.



EAST VALLEY
4555 E. INVERNESS
BLDG. 3
MESA, AZ 85206

BILTMORE
4141 N. 32ND ST.
SUITE 104
PHOENIX, AZ 85018

ARROWHEAD
6320 W. UNION HILLS
BLDG. B, SUITE 1000
GLENDALE, AZ 85308

CHANDLER
1120 S. DOBSON RD.
BLDG. B, SUITE 100
CHANDLER, AZ 85286

SCOTTSDALE
9767 N. 91ST ST.
BLDG. B, SUITE 104
SCOTTSDALE, AZ 85258

About Valley Sleep Center

Since 2002, Valley Sleep Center has provided Arizona with diagnostic sleep disorder testing in a home-like atmosphere, ensuring a comfortable, relaxing experience for patients. Their physicians are Board Certified Sleep Medicine Specialists and they are accredited by the American Academy of Sleep Medicine. They provide diagnostic testing for a multitude of sleep related disorders including insomnia, sleep apnea, snoring, excessive daytime sleepiness, hypertension, sleepwalking, and pediatric sleep problems.

For more information contact Lauri Leadley at 480-830-3900 or visit www.valleysleepcenter.com.

###



EAST VALLEY
4555 E. INVERNESS
BLDG. 3
MESA, AZ 85206

BILTMORE
4141 N. 32ND ST.
SUITE 104
PHOENIX, AZ 85018

ARROWHEAD
6320 W. UNION HILLS
BLDG. B, SUITE 1000
GLENDALE, AZ 85308

CHANDLER
1120 S. DOBSON RD.
BLDG. B, SUITE 100
CHANDLER, AZ 85286

SCOTTSDALE
9767 N. 91ST ST.
BLDG. B, SUITE 104
SCOTTSDALE, AZ 85258