New National Survey Found Many People With Sleep Apnea Struggle to Stay on Treatment

November 19, 2026

Half of Those Who Stopped Treatment Began Skipping It Within Six Months

- The Untreated OSA Initiative Survey, sponsored by Apnimed, gathered responses from 2,505 adults with obstructive sleep apnea (OSA), bed partners, and clinicians
- The survey was developed in collaboration with Project Sleep, the Alliance of Sleep Apnea Partners, and leading national sleep medicine experts to reveal the hidden toll of untreated sleep apnea
- Spokespeople Dr. Cheri Mah and Dr. Michael Breus are partnering with Apnimed on the national Stranded With Sleep Apnea campaign which helps people restart the conversation about their care

CAMBRIDGE, Mass., Nov. 19, 2026 (GLOBE NEWSWIRE) -- Many people diagnosed with OSA are left stranded after diagnosis, according to new findings from the Untreated OSA Initiative Survey.[1] More than half (52%) of adults who discontinued positive airway pressure (PAP) therapies or oral appliances began skipping treatment within the first six months,[a] and 70% of all untreated adults have never seriously tried to restart treatment. The survey, sponsored by Apnimed, Inc. (Nasdaq: APMD) ("Apnimed"), a late-stage clinical pharmaceutical company dedicated to the discovery, development and commercialization of novel oral therapies that address the neurobiology of sleep-related breathing diseases, was released today alongside the launch of Stranded With Sleep Apnea, a national disease education campaign designed to help people understand the barriers that keep OSA untreated and restart conversations about their care.

The Untreated OSA Initiative Survey brings together perspectives and experiences from adults diagnosed with OSA, bed partners, and healthcare professionals (HCPs) to provide a comprehensive view of the barriers that keep people from getting treated after diagnosis. Developed in collaboration with Project Sleep and the Alliance of Sleep Apnea Partners (ASAP), with input from national sleep medicine experts, the research examines how untreated OSA is experienced, perceived, and addressed across the care journey.

“A diagnosis should be the start of someone’s care, not the end of it,” said Kevin Lind, Chief Executive Officer of Apnimed. “The Untreated OSA Initiative Survey suggests many people living with sleep apnea are falling out of treatment and not finding their way back. We believe that not receiving treatment impacts their health, their relationships, and their daily lives. We want to help make untreated OSA impossible to ignore."

The survey findings illustrate how people living with OSA can remain stranded even after receiving a diagnosis. In this survey:

- 93% of diagnosed, untreated adults living with OSA reported that it impacts their day-to-day life, and 59% described the impact as moderate or greater.[c]
- 1 in 3 adults living with OSA reported snoring for 5+ years before seeking a diagnosis, and only 1 in 5 suspected their symptoms were more than snoring (22%).[d,e]
- 56% of diagnosed, untreated adults living with OSA agreed, at times, dealing with treatment feels just as hard as dealing with OSA itself.[g]
- According to surveyed HCPs, 6 in 10 adults with OSA who stopped treatment never returned to discuss restarting or exploring another option.[h]
- 61% of HCPs reported the top disconnect between patient and doctor is how serious OSA is perceived to be, yet nearly one-third (32%) of untreated adults with OSA reported there is no disconnect.[i,j]
- Compared to all untreated adults with OSA surveyed, women in menopause age range (age 40-55) snored 10+ years before receiving a diagnosis (32% vs. 17%).[k]
- Among surveyed bed partners, 95% reported their own sleep was disrupted by their partner’s OSA, 40% reported they sleep separately from their partner as a result of their OSA, and 75% said their partner’s OSA had affected their relationship.[l,m,n]

“These findings are a wake-up call to the challenges people can continue to face even after seeking treatment for sleep apnea,” said Michael Breus, PhD, clinical psychologist and sleep medicine expert widely known as “The Sleep Doctor.” “Behind these numbers are people who have tried to treat their sleep apnea and are still struggling to find a path that works for them. By shining a light on their experiences, I hope we can encourage more people to keep the conversation going with their healthcare providers

and stay engaged in their care."

Stranded With Sleep Apnea brings together the survey findings, leading sleep experts, and patient advocates to reveal the real-world impact of untreated OSA on health, daily life, and relationships. The campaign features two nationally recognized sleep experts and spokespeople, Cheri D. Mah, MD, MS, a sleep physician and performance specialist who advises professional athletes, and Dr. Breus.

The campaign will connect audiences with education, expert perspectives, and patient experiences through:

- StrandedWithSleepApnea.com featuring the "Oxygen Debt" quiz, survey findings, and free resources for people with OSA, bed partners, and healthcare professionals, including guides to sleep apnea and "oxygen debt," and conversation guides for bed partners and clinicians.
- A five-part video podcast series, hosted by Dr. Mah, featuring conversations with leading sleep specialists and a patient advocate about diagnosis, treatment barriers, oxygenation, self-advocacy, and the effects of OSA that may not surface during a sleep study or routine appointment. New episodes will be released monthly on the website and YouTube channel through March 2027.

"Initially, I struggled with sleep apnea treatment, and at times, I felt alone and isolated in trying to figure out a path forward. I know that so many people living with sleep apnea experience those same feelings," says Emma Cooksey, patient advocate and Sleep Apnea Program Manager of Project Sleep. "Stranded With Sleep Apnea brings patients, advocates, and clinicians together to send a clear message: you are not alone, you are not to blame, and there is a way forward."

People who are not currently treating their OSA, or who have found treatment challenging, are encouraged to keep the conversation going with a healthcare professional. To take the "Oxygen Debt" quiz, explore the survey findings, access campaign resources, and sign up for updates, visit StrandedWithSleepApnea.com.

About Obstructive Sleep Apnea
OSA is a serious, chronic sleep-related breathing disease in which the upper airway repeatedly collapses during sleep, leading to intermittent oxygen deprivation. It is caused by two overlapping mechanisms: neuromuscular dysfunction during sleep and predisposing anatomic abnormalities. OSA affects individuals across all walks of life, impacting both males and females of all age groups, ethnicities, and weight classes, including those with or without obesity. An estimated 80 million people in the United States and one billion people worldwide live with OSA.[2]

An individual with OSA can experience hundreds of sleep apnea events in a single night, each one reducing the blood oxygen levels and negatively impacting cellular functions vital to normal health and function. Untreated OSA is associated with serious long-term health consequences, including increased cardiovascular disease and cognitive health risks.[3] Yet, many patients diagnosed with OSA remain untreated.

About the Untreated OSA Initiative Survey
The Untreated OSA Initiative Survey was sponsored by Apnimed, Inc., in the United States between July 28 and August 18, 2026, and developed in collaboration with Project Sleep, the Alliance of Sleep Apnea Partners, and leading national sleep medicine experts. The research included 2,505 participants: 1,000 adults who self-identified as diagnosed with OSA and not currently receiving treatment, 500 adults diagnosed with OSA who were receiving treatment, 500 bed partners of adults diagnosed with OSA who were not receiving treatment, and 505 board-certified healthcare professionals who regularly diagnose or treat OSA.

The survey was designed to better understand the psychosocial impact, experiences, barriers, perceptions, and unanswered questions of people diagnosed with OSA who are not actively treating their condition, as well as the experiences of bed partners and healthcare professionals.

The responses are self-reported and subject to recall and response bias. Survey respondents self-identified as being diagnosed with OSA.

About Apnimed
Apnimed is a late-stage clinical pharmaceutical company dedicated to the discovery, development, and commercialization of novel oral therapies that address the neurobiology of sleep-related breathing diseases. We believe the introduction of once-nightly oral drugs has the potential to expand diagnosis and the reach of treatment for people with OSA. We believe that people with OSA would benefit from having multiple treatment options with differing mechanisms to more fully address the heterogeneity of OSA's disease pathophysiology. Apnimed envisions a new era where novel oral therapies simplify intervention and expand the reach of diagnosis and treatment.

Learn more at apnimed.com or follow us on X and LinkedIn.

Cautionary Note Regarding Forward-Looking Statements
This press release includes certain disclosures that contain "forward-looking statements," within the meaning of Section 27A of the Securities Act of 1933, as amended (the "Securities Act"), and Section 21E of the Securities Exchange Act of 1934, as amended (the "Exchange Act"). We may, in some cases, use terms such as "can," "should," "suggest," "want," "hope," "will," "may," "way forward," "updates," "estimate," "long-term," "potential," "believe," "would," "envision," "could," or other words that convey

uncertainty of future events or outcomes to identify these forward-looking statements. Examples of forward-looking statements contained in this press release include, without limitation, statements regarding potential barriers to OSA treatment, the design and goals of the Untreated OSA Initiative Survey and the Stranded With Sleep Apnea campaign, plans for the campaign, our dedication, beliefs, and vision, and other statements that are not historical facts. We intend these forward-looking statements to be covered by the safe harbor provisions for forward-looking statements contained in Section 27A of the Securities Act and Section 21E of the Exchange Act and are making this statement for purposes of complying with those safe harbor provisions.

Forward-looking statements are based on our current expectations, estimates and projections only as of the date of this release and are subject to inherent uncertainties, risks and assumptions that are difficult to predict. Factors that could cause actual results to differ include, but are not limited to, risks related to our ability to execute on the campaign; risks related to FDA and comparable foreign regulatory authority developments; risks inherent in biopharmaceutical product development; and risks related to our financial condition and the need for substantial additional funding. These and other risks and uncertainties concerning our business and operations are described more fully in the section titled “Risk Factors” of our most recent periodic report filed with the U.S. Securities and Exchange Commission (“SEC”). Forward-looking statements contained in this announcement are made as of this date, and Apnimed undertakes no duty to update such information except as required under applicable law.

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Footnotes

[a]Responses from 743 diagnosed adults who previously used PAP therapy or oral appliances, who reported how long they used treatment every night before beginning to skip nights or remove it during the night.

[b]Responses from 1,000 diagnosed, untreated adults who were asked if they have ever seriously planned or taken steps to restart treatment for OSA but did not ultimately follow through. Based on HCPs’ best estimates.

[c]Responses from 1,000 diagnosed, untreated adults indicating mild, moderate, major, or dominating daily life representing a net of any impact.

[d]Responses from 1,000 untreated, diagnosed adults when asked how long did you snore before receiving an OSA diagnosis.

[e]Responses from 199 untreated adults, when asked before you were diagnosed with OSA, did you ever suspect that the symptoms were something more than just snoring.

[f]Responses from 743 diagnosed adults who previously used PAP therapy or oral appliances, who reported how long they used treatment every night before beginning to skip nights or remove it during the night.

[g]Responses from 1,000 diagnosed, untreated adults, who somewhat or strongly agreed with each statement.

[h]Responses from 505 HCPs when asked what percent of your patients with OSA who stop treatment eventually return to discuss restarting treatment or exploring alternative treatment options?

[i]Responses from 505 HCPs when asked where do you feel the biggest disconnects are between patient and doctor perspectives when it comes to treating OSA.

[j]Responses from 1,000 untreated adults with OSA when asked where do you feel the biggest disconnects are between patient and doctor perspectives when it comes to treating OSA.

[k]When respondents were asked: How long did you snore before receiving an OSA diagnosis? Base sizes: Untreated women age 40-55 (n=106), Total untreated adults with OSA (n=1,000), Total untreated women (n=413).

[l]Responses from 500 bed partners when asked to what extent do you feel your partner's untreated OSA affects your own quality of life? Net impact reported <Very little / Somewhat / A lot, but less than it affects them / As much as it affects them>

[m]Responses from 500 bed partners when asked does OSA or OSA-related symptoms impact your current sleeping arrangement with your partner? Net of any impact reported <Yes, we sometimes sleep separately / Yes, we regularly sleep separately>

[n]Responses from 500 bed partners when asked how, if at all, has OSA affected your relationship with your partner?

References

1. Apnimed, Inc., Untreated OSA Initiative Final Survey. August 2026
2. Benjafield AV, Ayas NT, Eastwood PR, et al. Estimation of the global prevalence and burden of obstructive sleep apnoea: a literature-based analysis. Lancet Respir Med. 2019; 7(8):687-698. doi:10.1016/S2213-2600(19)30198-5
3. Schneider G. Obstructive Sleep Apnea - Influence on the Cardiovascular System and Cognition. Obstruktive Schlafapnoe – Einfluss auf kardiovaskuläres System und Kognition. Laryngorhinootologie. 2023;102(S 01):S101-S114. doi:10.1055/a-1963-995