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PATH TO PEPTIDES GLP-1 AND SLEEP APNEA:

BREATHE EASIER, SLEEP BETTER

**Tirzepatide became the first-ever medication
approved for obstructive sleep apnea.**

FOR RESEARCH AND EDUCATIONAL PURPOSES ONLY

THE FIRST DRUG FOR SLEEP APNEA — EVER

About 30 million Americans have obstructive sleep apnea — a condition where your airway collapses during sleep, stopping your breathing dozens or even hundreds of times per night. Until 2024, the only treatments were CPAP machines and surgery.¹

Then came a historic milestone: in late 2024, the FDA approved tirzepatide (Zepbound) as the first-ever medication for obstructive sleep apnea. No drug had ever been approved for this condition before.²

THE BIG NUMBERS

In clinical trials, tirzepatide reduced sleep apnea events by up to 62.8%. Patients also lost an average of 18–20% of their body weight. Many saw their sleep apnea severity drop from 'severe' to 'mild' or even normal.³

WHAT IS SLEEP APNEA?

Imagine trying to breathe through a straw that keeps getting pinched shut. That's what happens when you have sleep apnea. The soft tissue in your throat relaxes and blocks your airway. Your brain panics, wakes you up just enough to restart breathing, and the cycle repeats all night.¹

Excess weight around the neck and throat is the biggest risk factor. Fat deposits narrow the airway. This is why weight loss has always been the first recommendation — and why GLP-1 medications are such a natural fit.⁴

BEYOND WEIGHT LOSS

Researchers believe the benefits go beyond just losing weight. GLP-1 medications may reduce inflammation in airway tissues, decrease fluid retention around the neck, and improve the brain's control of breathing during sleep.⁵

Measure	Tirzepatide	Placebo
Sleep apnea events reduced	Up to 62.8%	6%
Weight loss	18-20%	1.5%
Patients off CPAP	Some discontinued	No change
Blood pressure drop	7-8 mmHg	1-2 mmHg

THE BOTTOM LINE

Sleep apnea is linked to heart attack, stroke, diabetes, and even car accidents from daytime drowsiness. Having the first-ever medication approved for this condition is a landmark moment. If you snore loudly, feel exhausted during the day, or have been told you stop breathing at night, talk to your doctor about a sleep study

REFERENCES

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5. Cell Reports Medicine. The expanding benefits of GLP-1 medicines. 2025.
6. Prime Therapeutics. GLP-1 Pipeline Update. 2025.
7. Eli Lilly. Zepbound approved for moderate-to-severe OSA. Press release. 2024.
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This document is intended solely for educational purposes to increase awareness of emerging scientific research. It does not constitute medical advice.

Regulatory Status: Tirzepatide (Zepbound) is FDA-approved for moderate-to-severe obstructive sleep apnea in adults with obesity. It is also approved for chronic weight management and type 2 diabetes (as Mounjaro).

All healthcare decisions should be made in consultation with qualified medical professionals.

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