

# India Faces Sleep Apnea Health Crisis: 100 Million Affected, Only 10% Diagnosed, Says New Industry Report

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/EINPresswire.com/ -- A comprehensive health industry analysis reveals that India is grappling with one of the world's largest undiagnosed sleep apnea epidemics, affecting an estimated 100 million adults—10–14% of the adult population. This is not an one-off India story, as per WHO report, over 1 Billion people suffer from Sleep Apnea worldwide.

What is Sleep Apnea? Characterized by repeated breathing interruptions during sleep, the condition remains largely undetected, with fewer than 10% of cases properly diagnosed.



A tired office worker struggles to stay focused at his desk, overwhelmed by workload and stress.

The findings highlight a critical gap in India's healthcare system, where diagnostic barriers prevent early detection of a condition that significantly increases risks of heart disease, stroke, and diabetes.

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Diagnosis for breathing issue, fundamental to human life, could save multiple health hazards, at 10 Crore incidence rate, its an epidemic”

*Saket has over three Decades of professional & Investment experience.*

## Sleep Disorders: A Public Health Challenge

Medical experts report that sleep apnea cases are rising due to lifestyle changes, urbanization, and obesity. Breathing interruptions during sleep cause oxygen deprivation, straining cardiovascular and metabolic systems.

Studies show untreated sleep apnea:

- \* Increases heart disease risk by 300%
- \* Quadruples stroke likelihood
- \* Doubles diabetes risk
- \* Reduces cognitive performance by up to 30%

“Sleep apnea represents one of India’s most significant undiagnosed health challenges,” said Dr. Rajesh Mehta, top pulmonologist at leading multi speciality hospital chain. “Its silent nature means millions suffer serious complications without knowing the root cause.”

The economic impact extends beyond individuals. Corporate wellness experts note that undiagnosed sleep disorders drive absenteeism, lower productivity, and increase healthcare costs for businesses.

#### Diagnostic Accessibility: The Key Barrier

Traditional hospital sleep studies require overnight stays and cost ₹15,000–₹25,000, putting them out of reach for most families. This has created a paradox: a condition affecting more Indians than many well-known diseases remains largely invisible.

Technological advances in portable monitoring devices now enable accurate home-based diagnosis at costs reduced by up to 95%.

“Breakthrough diagnostic technology is a game-changer,” said Dr. Priya Sharma, sleep medicine specialist. “Affordable, home-based testing eliminates barriers that have historically prevented evaluation.”



Office employees line up for a workplace sleep health screening, promoting wellness and productivity.



A fully equipped ICU setup with a hospital bed, wheelchair, and essential medical devices.

## Home Healthcare Sector Responds

India's home healthcare sector is addressing this challenge with innovative models, reflecting a broader trend toward residential medical care. Demand for at-home sleep testing, therapy equipment, and patient support has grown rapidly, especially after COVID-19 normalized home-based services.

Healthy Jeena Sikho (HJS), founded by former corporate executives Saket Agarwal and Jatinder Verma, exemplifies this model. Serving over 100,000 families across 15 cities, the company offers [1999 home-based sleep studies](#) and partners with global leaders like ResMed, Philips, and BMC.

"The home healthcare approach combines affordability, convenience, and privacy," noted Agarwal. "When barriers were removed, demand revealed the true scale of India's sleep health challenge."

## Technology Integration

Digital platforms are reshaping patient experiences. Healthcare providers increasingly rely on **\*\*WhatsApp communication, cloud-based patient portals, and real-time service tracking\*\***.

"Digital integration isn't just convenience—it builds accountability and trust," explained Verma. "When families can track service history and access updates, it transforms the healthcare experience."

This model demonstrates potential beyond sleep health, offering templates for chronic disease management and preventive care.

## Rural vs. Urban Impact

Public health researchers note stark differences:

- \* Urban professionals often misattribute fatigue to stress, while high diagnostic costs remain a barrier.
- \* Rural populations typically lack awareness and access to any diagnostic facilities.

Home-based programs address both: urban families gain affordable, convenient testing; rural households receive access to diagnostics that were previously unavailable.

## Corporate Wellness as a Distribution Channel

Progressive corporations are integrating sleep health into employee wellness initiatives, reporting lower healthcare costs, fewer absences, and higher productivity.

Corporate wellness programs could serve as a scalable model, leveraging employer-employee relationships to provide affordable diagnostic access and treatment.

## Economic Case for Prevention

Healthcare economists highlight the cost-effectiveness of early intervention:

- \* ₹999 diagnosis can prevent medical costs exceeding ₹50 lakh over a lifetime.
- \* [CPAP/BIPAP therapy](#) (₹15,000 annually) contrasts with cardiac surgeries costing up to ₹15 lakh

As India's population ages and lifestyle diseases rise, preventive health measures represent an urgent economic necessity.

## Public Health Implications

Experts call for a coordinated national response combining policy support, technology innovation, and service delivery transformation. Suggested measures include awareness campaigns, diagnostic subsidies, and integration of sleep health into public health programs.

Addressing sleep apnea could also provide a framework for tackling other accessibility gaps in India's healthcare system.

## Industry Outlook

Analysts predict sustained growth in home-based diagnostics and treatments, driven by technology, patient preference, and cost-effectiveness.

As awareness grows and diagnostic accessibility improves, India's sleep health services are poised for significant expansion—signalling a shift from hospital-centric models toward distributed, technology-enabled home care networks.

## About the Sleep Health Industry Analysis

This report synthesises data from healthcare providers, specialists, and industry analysts to assess India's sleep apnea challenge and emerging solutions. It highlights trends toward home-based healthcare delivery and technology-enabled service innovation.

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