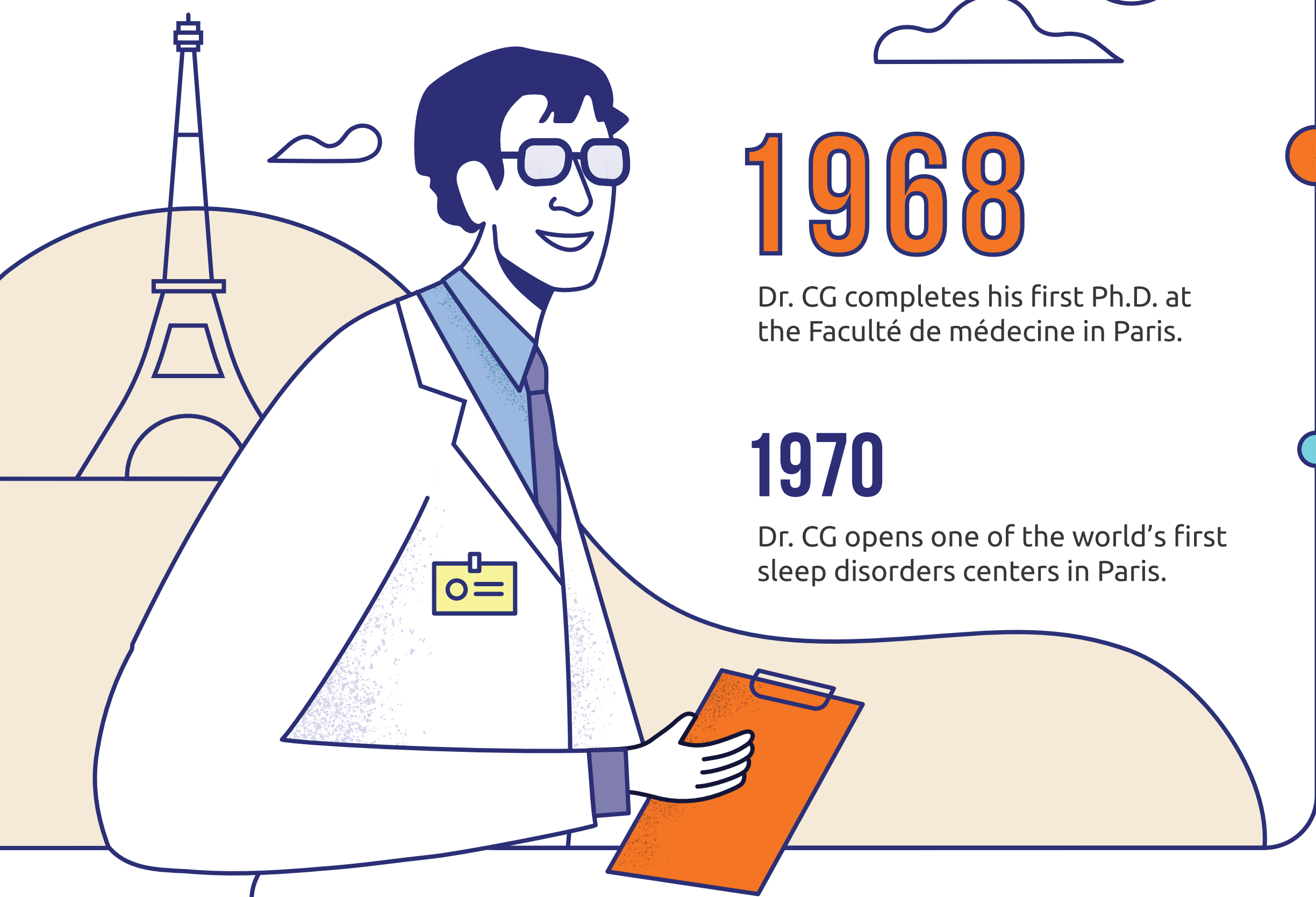


# THE LIFE OF SLEEP APNEA'S GREATEST PIONEER

—And Why His Discoveries Matter to You



**1968**

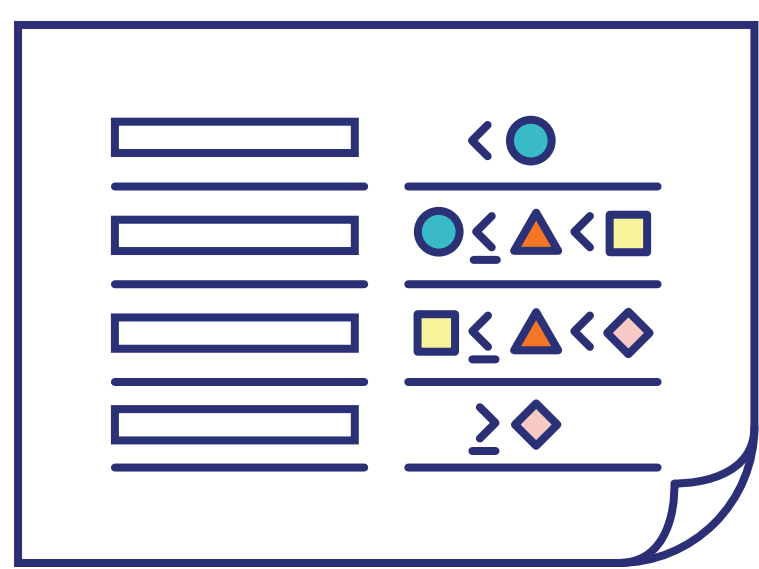
Dr. CG completes his first Ph.D. at the Faculté de médecine in Paris.

**1970**

Dr. CG opens one of the world's first sleep disorders centers in Paris.

**1972**

Dr. CG requests that respiratory data be gathered during sleep tests—and makes a major discovery about the relationship between breathing and sleep. He uses this knowledge to perform his first life-saving tracheostomy on a patient with a sleep-breathing disorder.



Up until the 1970s, no one was able to put a name to seemingly small sleeping problems that actually led to major life disruptions, serious medical problems, and even fatalities. Christian Guilleminault, MD (often referred to as “Dr. CG”) changed that as he dedicated his life to discovering, diagnosing, and understanding sleep apnea and other sleep disorders, as well as a myriad of medical conditions that stem from them. In honor of Dr. CG, we are celebrating some of the greatest achievements and breakthroughs of his long career. They could impact the daily lives of close to a billion people who suffer from sleep-breathing disorders.



**1973**

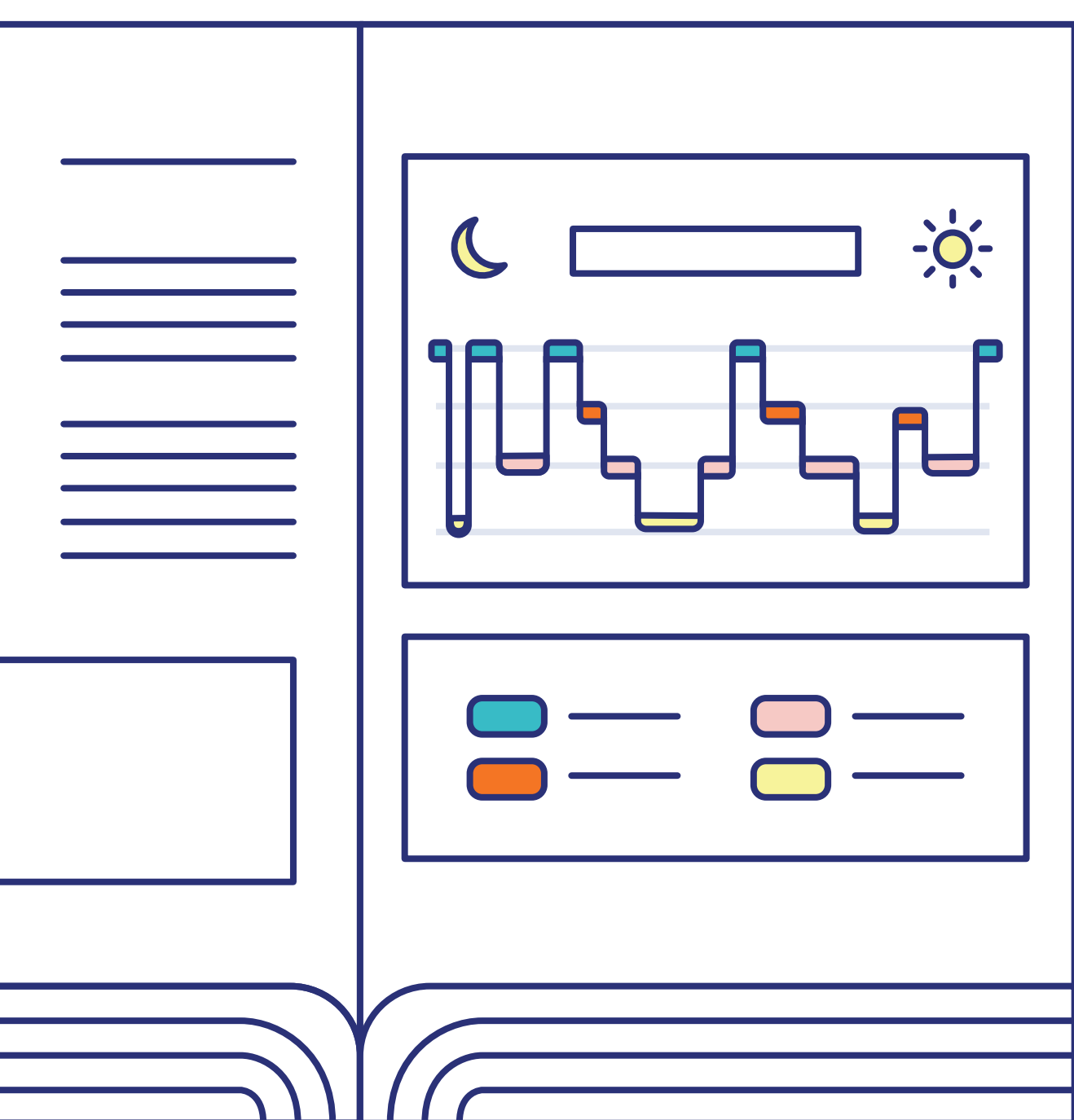
Dr. CG creates the **Apnea-Hypopnea Index (AHI)**, a first-of-its-kind severity index for sleep-breathing disorders that is still used today.

**1975**

This is a landmark year for Dr. CG as he links sleep-breathing disorders to many other ailments, including hypertension, cardiovascular disorders, daytime sleepiness, and narcolepsy.

**1976**

Dr. CG names **Obstructive Sleep Apnea Syndrome (OSAS)** as a pediatric sleep disorder, from which 4% of children suffer. In the following few years, he discovers links between OSAS in children and attention deficit disorder, hyperactivity, learning disabilities, sleepwalking, sleep terrors, and more.



Sleep apnea is a systemic problem requiring multi-disciplinary care. This is Dr. CG's vision.

This is the moment in history when it becomes clear to him (and soon, to the world) that sleep apnea affects much more than just how many times we snooze our alarms.

**1978**

Dr. CG and Dr. W. Dement found **SLEEP**, the first peer-reviewed journal focused exclusively on sleep medicine.

**1979**

Dr. CG publishes the first of nearly a dozen books over his lifetime that help bring sleep apnea into the public eye.

**1982**

Dr. CG names and recognizes **Upper Airway Resistance Syndrome (UARS)** as a second distinct sleep-breathing disorder.

At the American Sleep Apnea Association, we're passionate about helping people understand how important (and often easy!) it is to diagnose and prevent sleep apnea. Scientific reviews show that a large majority of moderate-to-severe sleep apnea cases remain clinically undiagnosed. We're here to change that. We will continue to carry out Dr. CG's vision toward multidisciplinary care and innovative research. As he always reminded us, the cause for so many of our problems is right under our noses—and addressing it now could save our lives.

**Register with us today to learn more about sleep health and how you can help those suffering from sleep disorders:**

[www.sleepapnea.org/join-us](http://www.sleepapnea.org/join-us)

**1985–1996**

Always hungry for more knowledge, Dr. CG begins studying other sleep-related issues, such as REM-related parasomnia, drowsy driving, and more.

**1996–2019**

Dr. CG continues researching, writing, and teaching to his final days, amassing nearly 800 published articles to his name.

**2019**

Dr. CG passes away at the age of 80.

