My family was screaming! I’d fallen asleep while driving … again! For years, I had been misdiagnosed. I didn’t know what was making me tired all the time, affecting my work, my marriage … everything. It took me 25 years to find a cure.

– George T. Nierenberg, Director/Producer, Out of Breath

THE FILM | Out of Breath takes an intimate and emotionally engaging look into the personal struggles of people whose lives have been severely impacted by sleep apnea. Their stories reveal how this stealthy disease has not only threatened their health but disrupted their marriages, families and careers. The film interweaves thought-provoking conversations with preeminent sleep experts, examining the huge toll that sleep apnea has taken on communities and society as a whole.

The film investigates the medical industry’s inadequate response to this public health crisis and explores the lack of treatment innovations. Out of Breath will put sleep apnea squarely where it belong – in the public eye and on the minds of health care professionals, so that the medical field will finally focus on giving one billion sleep apnea sufferers the up-to-date treatments they so urgently need.

WHY THE FILM? | Sleep apnea is far too dangerous and widespread for the status quo to continue. Untreated, it leads to strokes, diabetes, heart failure and death. And yet, medical students get only four hours of training on the disease over their four years of medical school. Fewer and fewer doctors enter the field of sleep medicine. And only one forty-year-old treatment for sleep apnea is generally prescribed. But why? The deplorable state of research into remedies for this disease is another whole topic the film will address. The film will probe some of the larger societal issues that have shaped policy about sleep apnea and created obstacles to its being better known, better studied, better diagnosed and better treated.

This is a medical emergency long overdue for action. And this documentary feature marks the beginning of meaningful change. Out of Breath will help viewers identify with those who suffer from sleep apnea and begin to understand its impact on their own lives, and will motivate them to spread the word to friends and loved ones.

"My family was screaming! I’d fallen asleep while driving … again! For years, I had been misdiagnosed. I didn’t know what was making me tired all the time, affecting my work, my marriage … everything. It took me 25 years to find a cure. Why?"

– George T. Nierenberg, Director/Producer, Out of Breath

1 billion people worldwide suffer from sleep apnea. Untreated, it leads to strokes, diabetes, heart failure and death.

80% of cases go undiagnosed – We intend to change that.

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sleepapneafilm.com
contribute at sleepapneafilm.com/donate

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Untreated, it leads to strokes, diabetes, heart failure and death.

80% of cases go undiagnosed – We intend to change that.
"I thought that my life was over."  
- Anonymous 23-year-old woman, Chicago, IL

"30% of the time I was not breathing, I was dying."  
- James Galleon, Houston, TX

OUT OF BREATH

A DOCUMENTARY ABOUT THE SLEEP APNEA CRISIS
FROM ACCLAIMED FILMMAKER GEORGE T. NIERENBERG

JOIN US | By supporting Out of Breath and joining our efforts, you can demonstrate your organization’s commitment to public health – and your desire to help raise awareness about this dangerous epidemic. Our film will be a powerful tool for engaging patients, health professionals and communities and inspiring better health outcomes.

Your 100% tax-deductible contributions big and small will bring Out of Breath to all who need to see it.

Please feel free to reach out to director George Nierenberg to discuss thank-you benefits and opportunities for larger-tier contributions: george@gtncreative.com or at 917-226-9564

All contributions are most welcome and can be made at sleepapneafilm.com/donate

VISION FOR DISTRIBUTION | The film’s international release will reach a broad audience and achieve the greatest public awareness through the following initiatives:

- Festival & Limited Theatrical Release to build audience and engage national press;
- Digital Release such as Netflix, Amazon;
- Television broadcast;
- Robust Outreach Campaign reaching the medical and dental organizations and their communities;
- Presentations at top conferences, universities and meetings;
- Policymaker & Engagement Campaign.

THE FILMMAKER | George T. Nierenberg is an acclaimed filmmaker whose career has spanned the worlds of independent features, network, cable and international television. His work, which includes Say Amen, Somebody and No Maps on My Taps has earned numerous illustrious honors, establishing him as a director/producer with a knack for tackling any subject in a vivid, memorable way.

ADVISORS | Dr. John Remmers  
Dr. Charles Czeisler  
Gilles Lavigne, DMD  
Dr. Naresh Punjabi  
Lt. Col. Phillip Neal  

Dr. Colin Sullivan  
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