

Sleep Apnea Assignment (Online Content 1H)

In order to receive full credit (1H class time) for this assignment, it must be completed in its entirety by 2/28/2022 at 0800. Any assignment not completed in its entirety will result in missed class time.

You may have to copy and paste this link to your browser.

<http://www.nejm.org/doi/full/10.1056/NEJMoa1306766#t=article>

Refer to the above article and fill in the blanks for the following questions. Submit to the Sleep Apnea dropbox by 0800, February 28th. If you are unable to ctrl/click to open the article, copy and paste the link in the address box.

- 1) Cohort studies have shown that obstructive sleep apnea is a risk factor for _____, _____, _____, _____, and _____.
- 2) Although obstructive sleep apnea probably increases the risk of cardiovascular disease through a number of mechanisms, repetitive cycles of _____ and _____ are thought to play a central role by augmenting sympathetic nervous system activity, systemic inflammation, and oxidative stress.
- 3) To assess the value these treatments may offer beyond that of conventional risk-factor management, the study targeted patients whose care was managed by _____, and education on habits promoting _____ (e.g., appropriate timing and duration of sleep) and a healthy lifestyle was provided to all participants.
- 4) The studies were scored by a single certified scorer in accordance with guidelines from the _____, which specify a reduction in airflow accompanied by a reduction in oxygen saturation of ___ or more as indicative of hypopnea.
- 5) Venipuncture was performed in the morning after a 12-hour fast to measure serum levels of _____, _____, _____, _____, high-density lipoprotein cholesterol, total cholesterol, _____, N-terminal pro-brain (B-type) natriuretic peptide (BNP), and high-sensitivity C-reactive protein.
- 6) The degree of obstructive sleep apnea among the study participants was _____ to _____ by design, although excessive daytime sleepiness was uncommon.
- 7) The adjusted 24-hour mean arterial pressure at 12 weeks was _____ in the group receiving CPAP than in either the control group or the group receiving supplemental oxygen.
- 8) Although the average decrease in blood pressure resulting from _____ was modest as compared with the effect of antihypertensive medications, the treatment effect was observed in patients who were already receiving these medications.

- 9) The effect of CPAP appears to be greatest at night, perhaps reflecting the prevention of postapneic increases in _____ and indicating that CPAP may thereby lower the cardiovascular risk associated with the absence of a normal nocturnal reduction in blood pressure.
- 10)the treatment of obstructive sleep apnea with CPAP, but not with _____, results in a significant reduction in blood pressure, even in patients with well-controlled hypertension at baseline.