Sleep Apnea Assignment

**(Online Content 1H)**

**Unit Objectives:**

- Understand the relationship(s) between obstructive sleep apnea and cardiovascular risk. (1,2,6,7)*

***In order to receive full credit (1H class time) for this assignment, it must be completed in its entirety by 2/29/2024 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.

https://link.springer.com/article/10.1186/s40248-019-0172-9

Refer to the above article and fill in the blanks for the following questions. Submit to the Sleep Apnea Dropbox by 0800, 2/29/2024.  If you are unable to ctrl/click to open the article, copy and paste the link in the address box.

1)  What is obstructive sleep apnea (OSA) characterized by?


2)  How does the distribution of comorbidities differ between men and women?



3)  Name 10 common comorbidities often present in OSA patients.
    a.  .
    b.  .
    c.  .
    d.  .
    e.  .
    f.  .
    g.  .
    h.  .
    i.  .
    j.  .

4) The best studied cardiovascular comorbidity in OSA is _____ _____.
5) What arrhythmia is especially prevalent in OSA patients?
6) Highly prevalent in OSA patients, the metabolic syndrome is a pre-diabetic state associated with _____ _____ and _____ _____ _____.
7) Untreated OSA in diabetic patients is associated with increased prevalence of _____, _____ _____ _____, _____ _____, and _____ _____.
8) The association between OSA and chronic obstructive pulmonary disease is known as what?

9) Sleep studies confirmed that OSA is _____ _____ in asthmatics than in controls, and the combination of OSA and asthma had a higher frequency of _____ _____.
10) Careful assessment of _____ should become standard clinical practice for OSA patients.