

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?**
 - a. Collapse of upper airways during sleep with ineffective respiratory efforts, intermittent and hypoxia, and sleep disruption.
- 2) **How does the distribution of comorbidities differ between men and women?**
 - a. Diabetes and ischemic heart disease is more prevalent in men, and hypertension and depression is more prevalent in women.
- 3) **Name 10 common comorbidities often present in OSA patients.**
 - a. Systemic Hypertension
 - b. Coronary Artery Disease
 - c. Dysrhythmias
 - d. COPD
 - e. Asthma
 - f. Diabetes Mellitus
 - g. Gout
 - h. Chronic Liver Disease
 - i. Anxiety
 - j. Insomnia

- 4) The best studied cardiovascular comorbidity in OSA is **system hypertension**.
- 5) What arrhythmia is especially prevalent in OSA patients? **Atrial Fibrillation**
- 6) Highly prevalent in OSA patients, the metabolic syndrome is a pre-diabetic state associated with **central obesity** and **increased cardiovascular risk**.
- 7) Untreated OSA in diabetic patients is associated with increased prevalence of **neuropathy, peripheral artery disease, diabetic retinopathy, and diabetic neuropathy**.
- 8) The association between OSA and chronic obstructive pulmonary disease is known as what? **Overlap Syndrome**
- 9) Sleep studies confirmed that OSA is **more common** in asthmatics than in controls, and the combination of OSA and asthma had a higher frequency of **asthma exacerbations**.
- 10) Careful assessment of **comorbidities** should become standard clinical practice for OSA patients.