

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?

It is characterized by collapse of upper airways during sleep with ineffective respiratory efforts, intermittent hypoxia and sleep disruption.

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

Diabetes and ischemic heart disease is more prevalent in men with **Obstructed Sleep Apnea**, whereas **hypertension and depression** is more prevalent in women with obstructive sleep apnea compared to someone without OSA.

- 3) Name 10 common comorbidities often present in OSA patients.

- .systemic hypertension
- . diabetes mellitus
- . gout
- . gastroesophageal reflux
- . chronic liver disease
- . anxiety
- . insomnia
- . depression

- i. .depression
 - j. . coronary artery disease
- 4) The best studied cardiovascular comorbidity in OSA is **systemic 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 arterial disease, diabetic retinopathy, and diabetic nephropathy**.
 - 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.