

## 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. OSA is characterized by a collapse of upper airway during sleep with ineffective respiratory efforts, intermittent hypoxia, and sleep disruption.
- 2) How does the distribution of comorbidities differ between men and women?
  - a. Men with OSA also tend to be diagnosed with diabetes and ischemic heart disease while women with OSA tend to be diagnosed with hypertension and depression.
- 3) Name 10 common comorbidities often present in OSA patients.
  - a. Cardiovascular disease
  - b. COPD
  - c. Asthma
  - d. Metabolic disorders
  - e. Peptic ulcer disease
  - f. Chronic liver disease
  - g. anxiety
  - h. insomnia
  - i. depression
  - j. gastrointestinal reflux
- 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\_\_ \_neuropathy\_\_, and \_diabetic\_\_ \_retinopathy\_\_.
- 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.