

Sleep Apnea Assignment

(Online Content 1H)

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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 2/27/2025 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, 2/27/2025. 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?** OSA is characterized by a 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 are more prevalent in men with OSA and hypertension and depression are more prevalent in women with OSA.
- 3) **Name 10 common comorbidities often present in OSA patients.**
 - a. . Cardiovascular and Cerebrovascular disease
 - b. .Systemic hypertension
 - c. .Cardiovascular events and/or death
 - d. .Arrhythmias
 - e. .Cerebrovascular disease such as stroke
 - f. .Metabolic diseases
 - g. .Diabetes
 - h. .Renal disease such as obesity, arterial hypertension
 - i. .COPD
 - j. .Asthma

- 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? **Their association is known as “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.