

Name: Savannah Willis

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 2/27/2025 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?
 - A collapse in the upper airway during sleep with ineffective respiratory effort, sleep disruption, and intermittent hypoxia.
- 2) How does the distribution of comorbidities differ between men and women?
 - In men, diabetes, and ischemic heart disease is more prevalent with OSA, and in women, hypertension and depression is more prevalent with OSA.
- 3) Name 10 common comorbidities often present in OSA patients.
 - a. . Cardiovascular disease
 - b. . Systemic hypertension
 - c. . Metabolic disease
 - d. . Systemic Hypertension
 - e. . Arrhythmias, especially atrial fibrillation
 - f. . Cerebrovascular Disease
 - g. . Diabetes
 - h. . Renal disease
 - 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?
 - [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.