

## 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 2/26/2026 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, 2/26/2026. 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?
- 2) How does the distribution of comorbidities differ between men and women?
- 3) Name 10 common comorbidities often present in OSA patients.
  - a. .
  - b. .
  - c. .
  - d. .
  - e. .
  - f. .
  - g. .
  - h. .
  - i. .
  - j. .

- 4) The best studied cardiovascular comorbidity in OSA is \_\_\_\_\_.
- 5) What arrhythmia is especially prevalent in OSA patients?
- 6) Highly prevalent in OSA patients, the metabolic syndrome is a pre-diabetic state associated with \_\_\_\_\_ and \_\_\_\_\_.
- 7) Untreated OSA in diabetic patients is associated with increased prevalence of \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
- 8) The association between OSA and chronic obstructive pulmonary disease is known as what?
- 9) Sleep studies confirmed that OSA is \_\_\_\_\_ in asthmatics than in controls, and the combination of OSA and asthma had a higher frequency of \_\_\_\_\_.
- 10) Careful assessment of \_\_\_\_\_ should become standard clinical practice for OSA patients.