

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?
-Obstructive sleep apnea is characterized by collapse of the 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?
-The disruption of comorbidities differs between men with more diabetes and ischemic heart disease and women with women more hypertension and depression

- 3) Name 10 common comorbidities often present in OSA patients.
 - a. Systemic hypertension
 - b. . Arrhythmias
 - c. . Cerebrovascular disease
 - d. . Chronic obstructive pulmonary disease
 - e. . Ischemic stroke

- f. . Asthma
 - g. . Depression
 - h. Diabetes mellitus, arterial hypertension, obesity, & AMA
 - i. . Dyslipidemia
 - j. . Cancer
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- 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 disease.**
 - 7) Untreated OSA in diabetic patients is associated with increased prevalence of **neuropathy, peripheral artery 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 exacerbation.**
 - 10) Careful assessment of **comorbidities** should become standard clinical practice for OSA patients.