

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 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?

They differ by males being more prevalent for negative outcomes with having no CPAP treatment. With females the protective effect of CPAP is lower in females with OSA.

- 3) Name 10 common comorbidities often present in OSA patients.

- . Cardiovascular diseases
- . Systemic hypertension
- . Arrhythmias
- . Cerebrovascular diseases / Cancer
- . Diabetes mellitus
- . Metabolic Diseases
- . Renal Disease
- . COPD
- . Asthma

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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____ __risk____.
- 7) Untreated OSA in diabetic patients is associated with increased prevalence of
____neuropathy____, ____PAD____ ____Diabetic retinopathy____
____diabetic neuropathy
- 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.