

# SLEEP APNEA SYNDROMES



## OBJECTIVES

- HISTORY
- INTRODUCTION
- TYPES OF SLEEP APNEA
- PATHOPHYSIOLOGY
- RISK FACTORS
- CLINICAL PRESENTATION
- DIAGNOSIS
- ASSESSMENT TOOL
- COMPLICATIONS
- TREATMENT OPTIONS
- FUTURE DIRECTIONS
- CONCLUSION



OSA was called  
**Pickwickian syndrome** in  
the past because  
of the fat boy

# Sleep Apnea Syndromes

**R Barnett**



## **Sleep Apnea Syndromes:**

**Snoring and Obstructive Sleep Apnea** David N. F. Fairbanks, Samuel A. Mickelson, B. Tucker Woodson, 2003  
Completely updated this volume is a practical authoritative guide to the diagnosis and management of sleep related breathing disorders This Third Edition provides a more comprehensive treatment approach focusing on surgical treatment but recognizing the growing importance of medical management of snoring sleep disorders Noted experts in the fields of otolaryngology head and neck surgery pulmonology and sleep medicine examine the pathophysiology of these disorders their clinical presentations in adults and children the diagnostic workup and the latest and most effective drugs devices oral appliances and surgical procedures An in depth discussion of patient selection and treatment decisions is also included

**Sleep Apnea Syndromes** Christian Guilleminault, William C. Dement, 1978      **Sleep Apnea Syndromes: Advances in Research and Treatment: 2011 Edition** , 2012-01-09 Sleep Apnea Syndromes Advances in Research and Treatment 2011 Edition is a ScholarlyBrief that delivers timely authoritative comprehensive and specialized information about Sleep Apnea Syndromes in a concise format The editors have built Sleep Apnea Syndromes Advances in Research and Treatment 2011 Edition on the vast information databases of ScholarlyNews You can expect the information about Sleep Apnea Syndromes in this eBook to be deeper than what you can access anywhere else as well as consistently reliable authoritative informed and relevant The content of Sleep Apnea Syndromes Advances in Research and Treatment 2011 Edition has been produced by the world s leading scientists engineers analysts research institutions and companies All of the content is from peer reviewed sources and all of it is written assembled and edited by the editors at ScholarlyEditions and available exclusively from us You now have a source you can cite with authority confidence and credibility More information is available at <http://www.ScholarlyEditions.com>

**Central Sleep Apnea, An Issue of Sleep Medicine Clinics** Peter C. Gay, 2014-03-28 Dr Peter Gay has put together a team of expert authors centering on the topic of Central Sleep Apnea Focus will include articles on CSA due to other Medical Disorders Cheyne Stokes Respiration Central Sleep Apnea and Cardiovascular Disease Complex Sleep Apnea Adaptive servo ventilation Treatment Drug induced central apneas Mechanism and Therapies ICSD 2 and AASM Practice Parameters Alternative approaches to treatment of Central Sleep Apnea and Infant central apnea      *Sleep Apnea Syndromes: New Insights for the Healthcare Professional: 2011 Edition* , 2012-01-09 Sleep Apnea Syndromes New Insights for the Healthcare Professional 2011 Edition is a ScholarlyPaper that delivers timely authoritative and intensively focused information about Sleep Apnea Syndromes in a compact format The editors have built Sleep Apnea Syndromes New Insights for the Healthcare Professional 2011 Edition on the vast information databases of ScholarlyNews You can expect the information about Sleep Apnea Syndromes in this eBook to be deeper than what you can access anywhere else as well as consistently reliable authoritative informed and relevant The content of Sleep Apnea Syndromes New Insights for the Healthcare Professional 2011 Edition has been produced by the world s leading scientists engineers analysts research

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*Sleep Apnea* W. J. Randerath, B. M. Sanner, V. K. Somers, 2006-05-10 In the face of the rapid developments in sleep medicine this book seeks to present the current knowledge in the pathophysiology clinical presentation diagnosis and treatment of sleep apnea New physiological approaches to modeling sleep and recent pathophysiologic findings in upper airway mechanics as well as the importance of inflammatory and oxidative processes and the underlying genetic aspects are discussed to open up new avenues of investigation for better understanding and improved therapeutic options Besides the well known CPAP therapy chapters describe novel therapeutic methods that are currently under investigation and highlight their future prospects limitations as well as recommendations for practice The influence of breathing disturbances on the cardiovascular system during sleep is significant Reviews of central sleep apnea and of cardiovascular complications of sleep disordered breathing therefore play an important role in this edition Some of the chapters are dedicated to specific aspects in children in the elderly and in pregnancy and receive special attention as sleep apnea is relevant to all ages The excellent contributions to this volume will be stimulating reading to pneumologists sleep and ENT specialists neurologists dental surgeons cardiologists obstetricians general practitioners as well as public health specialists

*Sleep Disorders for Otolaryngology* B. Tucker Woodson, Nalin J. Patel, Eric M. Genden, 2005-01-01 A resource on obstructive sleep apnea syndrome including sleep history common sleep disorders interpretation of sleep reports sleep disordered breathing and treatment plans Provided by publisher

*Obstructive Sleep Apnea* Clete A. Kushida, 2007-05-17 Responding to the growing recognition of Obstructive Sleep Apnea OSA as a major medical condition and the emergence of exciting new therapies this 2 volume source examines clinical features characteristics comorbidities and impact of OSA on patient biological systems Not to mention diagnosis and treatment methods that include first line and

*A Patient's Guide to Obstructive Sleep Apnea Syndrome* Arnav Shetty, Peter M Baptista Jardín, 2023-12-03 This book provides a comprehensive overview of Obstructive Sleep Apnea OSA that is accessible to patients OSA can have a significant and progressive impact on the lives of those who suffer from daytime sleepiness but it is often not considered Moreover individuals with the condition are often unaware of it as it affects them during sleep The book provides knowledge on appropriate pathways for investigation and treatment The organization and clarity of the writing make it easy for readers who want quick information on diagnosis symptoms treatment and more The thorough history section covering anatomical evolution the history of medicine and modern day medical and surgical advances will satisfy curious readers Ample original hand drawn diagrams increase the readability and approachability of the work making pathophysiology and surgical procedures clear and accessible The book also includes links and descriptions of up to date procedures diagnostic techniques and devices guiding readers confidently towards other resources beyond the

book for further information Given its features this guide will appeal also to general practitioners ENT students and OSA specialists

**Sleep Apnea Syndrome Research Focus** Andrew O. Lang, 2007 Sleep apnea or sleep apnoea is a sleep disorder characterised by pauses in breathing during sleep These episodes called apneas literally without breath each last long enough so one or more breaths are missed and occur repeatedly throughout sleep There are two distinct forms of sleep apnea Central and Obstructive Breathing is interrupted by the lack of effort in Central Sleep Apnea but from a physical block to airflow despite effort in Obstructive Sleep Apnea In Mixed Sleep Apnea both types of events occur Regardless of type the individual affected with sleep apnea is rarely if ever aware of having difficulty breathing even upon awakening Sleep apnea is recognised as a problem by others witnessing the individual during episodes or is suspected because of its effects on the body sequelae This book presents important new research in this field

**Sleep Apnea Syndromes—Advances in Research and Treatment: 2012 Edition**, 2012-12-26 Sleep Apnea Syndromes Advances in Research and Treatment 2012 Edition is a ScholarlyEditions eBook that delivers timely authoritative and comprehensive information about Sleep Apnea Syndromes The editors have built Sleep Apnea Syndromes Advances in Research and Treatment 2012 Edition on the vast information databases of ScholarlyNews You can expect the information about Sleep Apnea Syndromes in this eBook to be deeper than what you can access anywhere else as well as consistently reliable authoritative informed and relevant The content of Sleep Apnea Syndromes Advances in Research and Treatment 2012 Edition has been produced by the world's leading scientists engineers analysts research institutions and companies All of the content is from peer reviewed sources and all of it is written assembled and edited by the editors at ScholarlyEditions and available exclusively from us You now have a source you can cite with authority confidence and credibility More information is available at <http://www.ScholarlyEditions.com>

**Sleep Apnea** Mayank Vats, 2017-04-05 Sleep medicine is developing rapidly with more than 100 sleep disorders discovered till now Despite that sleep specialty is in neonatal stage especially in developing and underdeveloped countries Sleep medicine is still evolving with ongoing worldwide clinical research training programs and changes in the insurance policy disseminating more awareness in physicians and patients Sleep apnea is one of the most common sleep disorders found in around 5-7 % of the general population with high prevalence in the obese elderly individuals but largely unrecognized and hence undiagnosed with untreated and life threatening consequences In the last decade new complex sleep disorders and their pathophysiology have been discovered new treatment options pharmacological and nonpharmacological are available and hence we planned a book on the recent developments on the most common sleep disorder sleep apnea We have incorporated chapters from the eminent clinicians and authors around the globe to produce a state of the art book with the target audience from internal medicine pulmonary sleep medicine neurology ENT and psychiatry discipline

*Sleep Apnea* Allan I. Pack, 2016-04-19 Sleep apnea is a common chronic condition affecting millions of people Written by a multidisciplinary team including sleep medicine specialists pulmonologists scientists psychiatrists

otorhinolaryngologists and more this text provides essential scientific and clinical information for those treating and researching the condition Since the pre      *Sleep Apnea Syndromes: New Insights for the Healthcare Professional: 2013 Edition* ,2013-07-22 Sleep Apnea Syndromes New Insights for the Healthcare Professional 2013 Edition is a ScholarlyPaper that delivers timely authoritative and intensively focused information about Additional Research in a compact format The editors have built Sleep Apnea Syndromes New Insights for the Healthcare Professional 2013 Edition on the vast information databases of ScholarlyNews You can expect the information about Additional Research in this book to be deeper than what you can access anywhere else as well as consistently reliable authoritative informed and relevant The content of Sleep Apnea Syndromes New Insights for the Healthcare Professional 2013 Edition has been produced by the world s leading scientists engineers analysts research institutions and companies All of the content is from peer reviewed sources and all of it is written assembled and edited by the editors at ScholarlyEditions and available exclusively from us You now have a source you can cite with authority confidence and credibility More information is available at <http://www.ScholarlyEditions.com>

Obstructive Sleep Apnea Syndrome B. Tucker Woodson,Philip Stanley Ledereich,Patrick Strollo,1996      **Sleep Apnea** Allan I. Pack,2002-05-21 Considers the relationship between obstructive sleep apnea OSA and cardiovascular disease right and left ventricular dysfunction and hypertension Sleep Apnea analyzes techniques to identify diagnose and monitor sleep induced upper airway obstruction developments in functional brain imaging associated with sleep and      Sleep Apnea Charlotte Kenton,1983      Obstructive Sleep Apnea Barbara Phillips,Matthew T. Naughton,2004 Obstructive Sleep Apnea sleep disordered breathing is associated with significant morbidity and mortality including cardiovascular disease and cognitive impairment Both the prevalence and the awareness of breathing disturbances during sleep have increased markedly in recent years This is partly due to advances in diagnosis and treatment but is also due to an increase in the prevalence of obesity and the age of the population The current estimate of the prevalence of clinically significant Obstructive Sleep Apnea Syndrome OSAS is about 5% This increasingly common condition is treatable provided that it is recognized and managed appropriately Fast Facts Obstructive Sleep Apnea is the work of two experienced international experts and is specifically targeted to primary care physicians to equip them with the knowledge needed to diagnose and manage this disorder successfully in cooperation with specialists Contents Epidemiology and risk factors Clinical presentation Medical complications Diagnosis Medical management Surgery Future trends      **The Sleep Apnea Syndrome, More as an Illness** A. Büttner,2008-05 In the western social structures the number permanently increases sleep more disturbedly So already suffer more than 10% of the population from sleep awake disturbances which has to be treated urgently 800 000 patients suffer under Sleep apnea and 25 000 under Narcolepsy PETER 1995 PETER et al 1995 Not diagnosed and untreatedly among others they cause on the one hand frequently subjective sorrow in the persons affected and on the other hand accident danger also increased one due to the increased daytime sleepiness or doziness in the traffic

and at work PETER et al 1995 GERDESMeyer et al 1997 RANDErATH et al 1997 1998 B TTNER et al 2000a and b One can therefore hold tight that sleeplessnesses and or sleep diseases are complex syndromes summarizing these be able to impair in his whole personality the person as a whole You can therefore influence all physical spiritual and mental processes Vigilance can make you reduce the physical and mental efficiency to reduce attention and concentration You can affect the quality of life reduce limit and or prevent social contacts and competences as well as cause further psychiatric neurological and organic illnesses Therefore a detailed sleep diagnostics is indispensable and if necessary therapy of the till now known sleeplessnesses and or sleep diseases in order to bend a therapy resistance forward concerning further physical and mental illnesses and to make an effective medical treatment possible to prevent subsequent illnesses

**Surgery for Snoring and Obstructive Sleep Apnea Syndrome** Mario Fabiani, 2003 Introduction Bocca della Verità or Mouth of Truth is the logo of the Unit for the Study and Therapy of Sleep Respiratory Disorders at the University of Rome La Sapienza It was chosen because its round shape with surprised expression small nose and open mouth mirrors the typical face of a patient with OSAS pre therapy The stone diameter 1.75 m in fact represents the face of a screaming faun and was originally found in the Mercury Temple area According to popular legend anyone putting his hand in the mouth will have it cut off if he has told a lie When I first became involved in the field of OSAS about ten years ago I had no idea that this activity would become foremost in both my professional and my academic life My curiosity was aroused when a patient of mine an extremely fat patient whom I had been following for a long time regarding a hearing problem asked me for a prescription for CPAP He had read in a newspaper that this device could solve his nocturnal respiration and diurnal hypersomnolence problems Suddenly I was confronted with documentation on snoring OSAS polysomnography upper airway surgery and positive pressure devices I was then and still am now a Professor of Audiology Audiology was and still is the object of my love but it is mainly a speculative discipline It involves physics electronics psychology rehabilitation and great possibilities for basic research However only rarely does an audiological patient obtain full satisfaction clinically Patients with neurosensorially based deafness can be rehabilitated but with difficulty conductive hearing loss is light and recovers automatically in most cases in a few cases the patient can be packed up and delivered to the ear surgeon or audioprosthesis technician Vertigo is dramatic but recovers spontaneously or after long term rehabilitation or it is categorized as a neurological symptom Tinnitus is frustrating and the audiologist centers most of his time and energy on trying to convince the patient to forget it In fact it is very rare to see a patient affected by an audiological disease recover after intervention by an audiologist Furthermore most patients are either very old or very young With OSAS patients things are very different The patient is usually at the peak of his life he has serious disturbances in his social familial and working spheres he is sedentary and is often a manager with a disordered lifestyle does not partake in any sport smokes and drinks too much he has become irritable apathetic and is starting to worry about dying during the night or suffocating He has been followed for years for his arterial hypertension and latent

arrhythmia He or often she is a snorer and after complaints from their partner sleeps in a separate room His sex life is affected and he often gets up during the night convinced that he has prostatic problems too Unfortunately for many years no one thought that these kinds of patients should consider consulting an otolaryngologist and at the same time otolaryngologists never thought of taking care of this pathology As soon I started to see the first cases and was able to solve their obstruction the number of patients being referred grew dramatically as did my skill in this field It was a really rewarding job After years of hyperspecialistic practice I returned to patient care in its entirety Sometimes a simple intervention such as nasal septoplasty or tonsillectomy i e one of those interventions so often underestimated by more expert colleagues was able to solve some of the serious problems of life In the meantime specific new techniques came into being radiofrequencies oral appliances diode lasers tongue suspension devices while at the same time diagnostic instrumentation such as polysomnography became more flexible and could more easily be applied to obstructive disorders By 1997 my department was in an uproar about OSAS since I had got most of my colleagues interested in becoming involved and the first sponsor was my former chief Roberto Filipo who gave me his approval space to work in and encouragement to overcome all the problems My other colleagues and I would like to mention all of them here Giorgio Bandiera Maurizio Barbara Gian Antonio Bertoli Ferdinando D Ambrosio Elio De Seta Simonetta Masieri Antonio Minni Simonetta Monini Virgilio Pizzichetta Mario Patrizi Maurizio Saponara and Antonino Sciuto either directly or indirectly also offered to put their experience into writing various sections for this book A specific section was also organized at the Institute and I was able to coordinate some of our residents who have recently taken on the task of apostles spreading the knowledge they acquired on OSAS during their time with us to other hospitals in the region I must mention them too since very often they did most of the work and in OSAS that is a lot of work Francesca Auriti Angelo Clarici Fulvio Di Fulvio Arianna Mattioni Angela Mollica Maria Laura Panatta Barbara Pichi Raniero Pucci Mario Rinaldi Rocco Roma Anna Sambito Ilenia Schettino Rocco Schettino Emanuela Sitzia Artur Zajmi and others The diagnosis and treatment of and scientific research into OSAS is a multidisciplinary task and I succeeded in involving many professors from related disciplines at the hospital of the University La Sapienza Carlo Cannella for Alimentation and Human Nutrition Eugenio Gaudio for Anatomy Giuseppe Calcagnini for Cardiology Vincenzo Bonifacio and Debora Giannini for Endocrinology Adolfo Francesco Attili for Gastroenterology Franco Angelico for Internal Medicine Giorgio Iannetti for Maxillo Facial Surgery Giuseppe Amabile for Neurology Maria Pia Villa for Pediatrics Alessandro Perrone and Ilio Cammarella for Pneumology and Carlo De Dominicis for Urology They used their experience in treating these patients and present their results in their contributions to this book During the same period the diagnosis and therapy of OSAS was spreading fast to all otolaryngological units at universities and hospitals throughout Italy It was easy for me to share my enthusiasm and thus we built up a network of close cooperation Any otolaryngologist will know these contributors so well that it would be easy for him to find their papers in this book but still I want to mention those who were closest in



advising and helping me Marco Fusetti from L Aquila Luigi D Angelo and Vieri Galli from Naples Pietro Ferrara Riccardo Speciale and Salvatore Restivo from Palermo Oskar Schindler from Turin and Maurizio Maurizi and Vittorio Pierro from Rome The time was now ripe to confront the world nomenclature on OSAS The dream to share a rendezvous with all or most of the prominent people from all the disciplines involved in both the clinical and scientific research on OSAS was realized in 1997 at the ROMA OSAS First International Conference on the Diagnosis and Therapy of Snoring and OSAS which was followed by a second meeting in the year 2000 and a third in 2002 I only have to mention the names of the presidents of these conferences to testify to the high quality that was achieved Giovanni Bonsignore Gisle Djupesland Roberto Filipo Christian Guilleminault Meir Kryger Elio Lugaresi It would be inappropriate to mention here only some of those who also took part and there are too many to mention them all since they are all equally important I was very honored to ask them for and to receive papers for this book Some of the abstracts presented at these conferences are also included in this book as highlights on various subjects due to their particular relevance And so finally you now know how this book was born It is the collection of an enthusiastic beginner who persuaded his friends and or colleagues from his department his university his country and the entire scientific community to submit papers on the basics and state of the art of relevant topics regarding snoring and OSAS which hopefully in its turn will help those other enthusiastic beginners who wish to improve their knowledge on the care of apneic patients Also even though many of the chapters are written by participants at the ROMA OSAS Conferences this book is not an abstract volume of those meetings It does however represent the scientific development unearthed on those occasions For this reason I think it would also be a valid textbook on OSAS from an otolaryngological point of view After the many thanks due to the contributors my final thanks must go to the person who had the patience to cooperate with me on the editorial work Peter Bakker of Kugler Publications My confrontations with him were often thorny but we both had the same goal in mind to offer you the best possible product We hope that you will agree with us that this book will be a useful addition both to your practice and to your continuing education Mario Fabiani

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