

# OBSTRUCTIVE SLEEP APNEA

about

**60** million American adults have sleep or wakefulness disorder.



**& twenty two**

million suffer from sleep apnea.

sleep apnea  
**IS ASSOCIATED WITH**



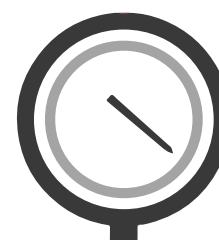
diabetes



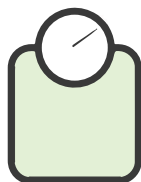
asthma



acid reflux



high blood pressure



weight gain



heart failure



car accidents



# OSA DEFINED

Obstructive Sleep Apnea is the cessation of air flow into the lungs for at least 10 seconds, while hypopnea is a decrease in airflow that occurs during sleeping.

## Obstructive Sleep Apnea Screenings

### Epworth Sleepiness Scale

- 0  would **never** doze
- 1  **slight** chance of dozing
- 2  **moderate** chance of dozing
- 3  **high** chance of dozing

### STOP-BANG Questionnaire

- S** snoring loudly?
- T** tired daytime sleepiness?
- O** has anyone observed you stop breathing while you are asleep?
- P** treated for high blood pressure?
- B** BMI > 35?
- A** age over 50?
- N** neck circumference > 15.75 in?
- G** gender male?

### ORAL MANIFESTATIONS

bruxism

worn, chipped, cracked teeth

scalloped or large tongue

narrow palate

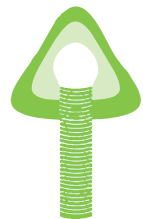
enlarged uvula

dry mouth

### treatment



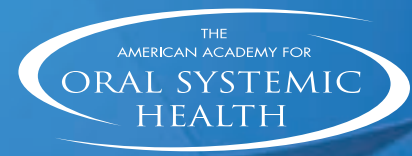
Oral appliances help prevent the collapse of the tongue and soft tissues in the back of the throat, keeping the airway open during sleep and promoting adequate air intake.



CPAP, or continuous positive airway pressure, is a treatment that uses mild air pressure to keep the airways open.

### References

- Institute of Medicine. *Sleep Disorders and Deprivation: An Unmet Public Health Problem*. Washington, DC: The National Academies Press; 2006.
- Kapur, V. *Respiratory Care. Key Sleep Disorders*. CDC. 2010.
- Tregear, S. *Journal of Clinical Sleep Medicine*. 2009.
- Alkhali, M. *Annals of Allergy, Asthma & Immunology*. 2008.
- Sajkov, D. *Progress in Cardiovascular Disease*. 2009.
- Gami, A. *Journal of Cardiovascular Electrophysiology*. 2008.



WORLD LEADERS IN PROACTIVE HEALTHCARE COLLABORATION