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Obstructive Sleep Apnea

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Short Commentary

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INTRODUCTION

Sleep is a basic part for human health and life [1]. Sleep disorder is also known as somnipathy. It is a medical disorder in sleep patterns and affects through several pathways including memory consolidation and retention [2]. The functions of sleep are continuing question for researchers [3]. Obstructive Sleep apnea is the most common sleep apnea which occurs due to repeated complete or partial blockage of the upper airway during sleep [4]. There are several metabolic abnormalities are related to obstructive sleep apnea. For example: Obesity [5]. It is found in studies that due to OSA 90% of the adult patient having more weight [6]. Oral appliance therapy [7] and PAP therapy [8] are therapy which is effective in OSA. It is found that in hospitalized patient OSA is commonly undiagnosed [9].

The Common Sleep Disorders:

- Sleep Apnea [10]
- Insomnia [11]
- Restless Legs Syndrome.
- Narcolepsy.
- Night Terrors.

Principles in the Treatment of Sleep Disorder [12]

- Medication
- Somatic treatment
- Behavioral and psychotherapeutic treatment
- Rehabilitation and treatment

Effects of OSA:

- High blood pressure [13]
- Stroke
- Heart failure [14]
- Diabetes
- Depression [15]
- Worsening of ADHD
- Headaches

OSA effects 4% male and 2% female in general population [16]. The life quality of patients suffering from OSA is significantly reduced [17]. BestMad is among the best oral device which is used in the treatment of patients with OSA [18]. In this the indicator provided induces a continuous anterior

stimulation of the tongue which helps in expanding the pharyngeal airway space (PAS) during sleep [19]. It is found that OSA patients are generally side sleepers (female), which causes more snoring, obese and more oxygen desaturation [20]. Lifestyle change is considered useful in minimizing the effects of OSA [21]. Essential amino acid tryptophan in diet having satisfactory effects in the children suffering from OSA [22]. OSA may cause development of serious and clinically significant during cardiopulmonary complications [23]. The Berlin questionnaire (BQ) is one of the instruments for assess subjects at high risk for OSA [24]. In studies it is found that OSA patients having less attention, less working memory, poor verbal learning and recall, less semantic fluency and poor processing speed [25]. OSA having more effect on the patients undergoing coronary artery bypass graft [26].

Some Screening tool for OSA:

- Mandible movement automated analysis (MMAA) [27]
- STOP-BANG [28]

CONCLUSION

Lifestyle change in OSA patients especially in diet and exercise is more effective. In spite of development of several screening methods and therapies for treatment of OSA there is need for further development in this field.

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