



All India Institute of Medical Sciences Rajkot



Obstructive sleep apnoea awareness on occasion of World Sleep Day (15th March 2024)

e – Bulletin



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Department of Physiology

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Introduction:

Welcome to our March 2024 edition of Healthy Living! This month, we're shining a spotlight on obstructive sleep apnoea (OSA), a common yet often undiagnosed sleep disorder that affects millions of individuals worldwide. Through raising awareness and understanding of OSA, we aim to empower individuals to recognize its signs and symptoms, seek appropriate evaluation and treatment, and ultimately improve their quality of life.



Understanding Obstructive Sleep Apnoea:

- Obstructive sleep apnoea is a sleep disorder characterized by repeated episodes of partial or complete obstruction of the upper airway during sleep, leading to disruptions in breathing patterns and fragmented sleep.
- These interruptions in breathing can result in decreased oxygen levels in the blood and arousal from sleep, often leading to daytime sleepiness, fatigue, and other adverse health effects.



The Importance of Awareness:

- Despite its prevalence and potential health consequences, obstructive sleep apnoea often goes undiagnosed or untreated. Many individuals may dismiss symptoms such as snoring, gasping for air during sleep, or daytime fatigue as normal or unrelated to a sleep disorder.
- However, untreated OSA can significantly impact overall health and increase the risk of cardiovascular disease, hypertension, diabetes, and other serious conditions. Sleep apnoea or chronic obstructive pulmonary disease (COPD).
- For instance, abnormal breathing patterns during sleep, detected through AI-driven analysis of data from wearable devices, can prompt clinicians to assess and intervene appropriately.

Risk Factors and Demographics:

- Obstructive sleep apnoea can affect individuals of all ages, genders, and backgrounds. While certain factors such as obesity, older age, male gender, and anatomical predispositions increase the risk of OSA, the disorder can also occur in individuals who do not fit these profiles.
- By raising awareness of the diverse demographics and risk factors associated with OSA, we can encourage early screening and intervention for those at risk.

Signs and Symptoms:

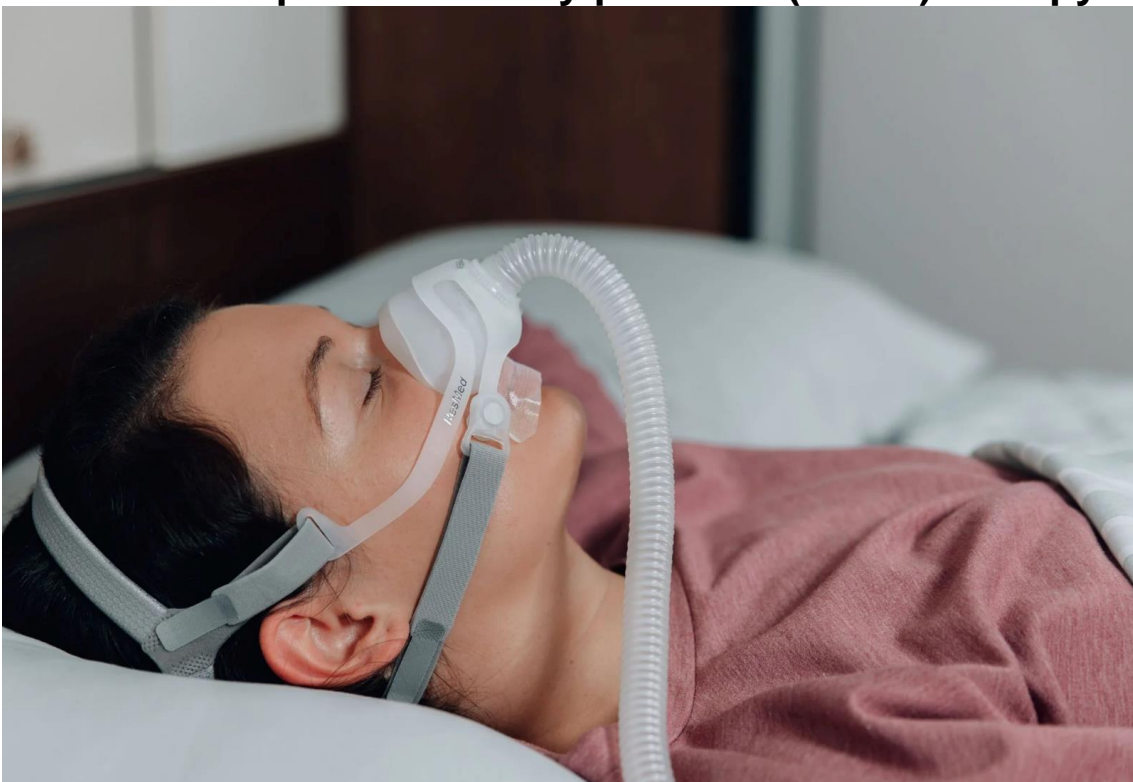
- Awareness of the signs and symptoms of obstructive sleep apnoea is crucial for early detection and intervention. Common symptoms include:
- Loud or disruptive snoring
- Episodes of breathing cessation during sleep, often witnessed by a bed partner.
- Gasping or choking sensations during sleep
- Excessive daytime sleepiness or fatigue
- Morning headaches
- Difficulty concentrating or memory problems.



Seeking Evaluation and Treatment:

- If you or someone you know experiences symptoms suggestive of obstructive sleep apnoea, it's essential to seek evaluation by a healthcare professional, such as a sleep specialist or primary care physician. Diagnosis typically involves a comprehensive sleep evaluation, which may include a sleep study (polysomnography) conducted in a sleep laboratory or home setting.
- Treatment options for obstructive sleep apnoea vary depending on the severity of the condition and individual patient preferences.
- Common treatments include continuous positive airway pressure (CPAP) therapy, oral appliances, positional therapy, lifestyle modifications, and, in some cases, surgical interventions.

Continuous positive airway pressure (CPAP) therapy:





Conclusion:

- Raising awareness of obstructive sleep apnoea is the first step toward improving recognition, diagnosis, and management of this common sleep disorder.
- By understanding the signs and symptoms of OSA, identifying risk factors, and seeking timely evaluation and treatment, individuals can take proactive steps to improve their sleep quality, overall health, and well-being.
- Stay tuned for more insights and tips on healthy living in our upcoming editions of Healthy Living!



The 2024 Theme: Sleep Equity for Global Health

- The theme for this World Sleep Day is Sleep Equity for Global Health.
- Sleep is essential to health, but measurable differences in sleep health persist across populations across the world, creating additional burdens and reinforcing health inequities.

Key Messages on World Sleep Day



- Sleep is essential to health.
- Sleep health is multi-dimensional.
- We must address sleep health disparities to improve the health of populations across the world.

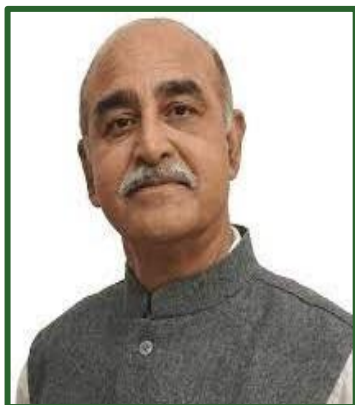


1. What is the most common symptom of obstructive sleep apnea?
 - A) Frequent nightmares
 - B) Excessive daytime sleepiness
 - C) Loud snoring
 - D) Sleepwalking
2. Which of the following factors is a risk factor for developing obstructive sleep apnoea?
 - A) Regular exercise
 - B) Being underweight
 - C) Smoking
 - D) Sleeping on one's side
3. How is obstructive sleep apnoea typically diagnosed?
 - A) Blood test
 - B) X-ray
 - C) Polysomnography (sleep study)
 - D) Eye exam
4. What is the Theme for World Sleep Day Year 2024?
 - A) Time to Sleep
 - B) Everything for Sleep
 - C) Equal Sleep
 - D) Sleep Equity for Global Health

1.B) 2.C) 3.C) 4. D)

References:

- 1) Sher AE, Schechtman KB, Piccirillo JF. Sleep. 1996;19(2):152-155.
- 2) Dempsey JA, Veasey SC, Morgan BJ, O'Donnell CP. Sleep Medicine Reviews. 2010;14(1):33-51.
- 3) Collop NA, Anderson WM, Boehlecke B, et al. Journal of Clinical Sleep Medicine. 2015;11(10):1187-1198.



Message from the Executive Director:

I heartily congratulate the Department of Physiology for bringing this informative newsletter on “Obstructive Sleep Apnoea”. My best wishes to the entire team.

Prof. Dr. (Col) CDS Katoch, Executive Director,
AIIMS, Rajkot.

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Message from HOD

This is an effort to bring forward important information on Obstructive Sleep apnoea. This initiative will be useful for Students, medical practitioners, and all readers for awareness of Obesity and Obstructive Sleep Apnoea. We hope that this e-bulletin will increase your knowledge on Obstructive Sleep apnoea and Medicine.

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