

Obstructive sleep apnoea

Obstructive sleep apnoea (OSA) is a common breathing disorder in sleep usually caused by repetitive upper airway obstruction.

It is associated with reduced or absent breathing during sleep due to narrowing and relaxation of the upper airway in sleep and is commonly associated with snoring.

It is estimated that around 5% of Australians, including about 25% of men over the age of

60, do not realise that it is severe and may have long-term

consequences. It is associated with increased risk of cardiovascular disease, stroke, and type 2 diabetes.

OSA is a common condition that affects many people. It is characterized by repeated episodes of partial or complete upper airway obstruction during sleep, leading to disrupted breathing and fragmented sleep. This can result in daytime fatigue, irritability, and difficulty concentrating.

The most common symptom of OSA is snoring, which is often accompanied by gasping or choking during sleep. Other symptoms include excessive daytime sleepiness, morning headaches, and frequent awakenings. In severe cases, OSA can lead to high blood pressure, heart failure, and other serious health complications.

Symptoms

The symptoms of obstructive sleep apnoea (OSA) can vary in severity and may include:

- Snoring, often with pauses or gasping during sleep
- Excessive daytime sleepiness or fatigue
- Morning headaches
- Frequent awakenings or fragmented sleep
- Difficulty concentrating or memory problems
- Irritability or mood changes
- High blood pressure (hypertension)
- Heart failure or other cardiovascular problems
- Type 2 diabetes
- Depression or anxiety

