

# In Pulmonology

## **Snoring and Sleep Apnea**

Snoring is an abnormal Respiratory sound from upper airway while sleeping.

Simple snoring may be due to Rhino sinusitis due to allergy or infection.

Habitual snoring may be due to obstructive sleep apnea.

Obstructive sleep apnea risk factors are obesity, hypothyroidism, facial abnormality mainly retrognathia and micrognathia.

Symptoms of OSA are snoring, excessive day time sleepiness, choking and gasping during sleep.

Complications of OSA are uncontrolled diabetes, hypertension, asthma, Heart attack, stroke, Road traffic accidents, arrhythmias and depression etc.

Gold standard test to confirm OSA is Polysomnography (Sleep Study)

Gold standard treatment is CPAP (Continuous Positive Airway Pressure).

Alternative treatment of OSA are oral devices, maxillo mandibular advancement osteotomy, Bariatric surgery.

Pediatric OSA is majoritily due to adenotonsillar hypertrophy .

Adeno tonsillectomy is the treatment of choice in children with OSA.

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