

# Obstructive Sleep Apnoea

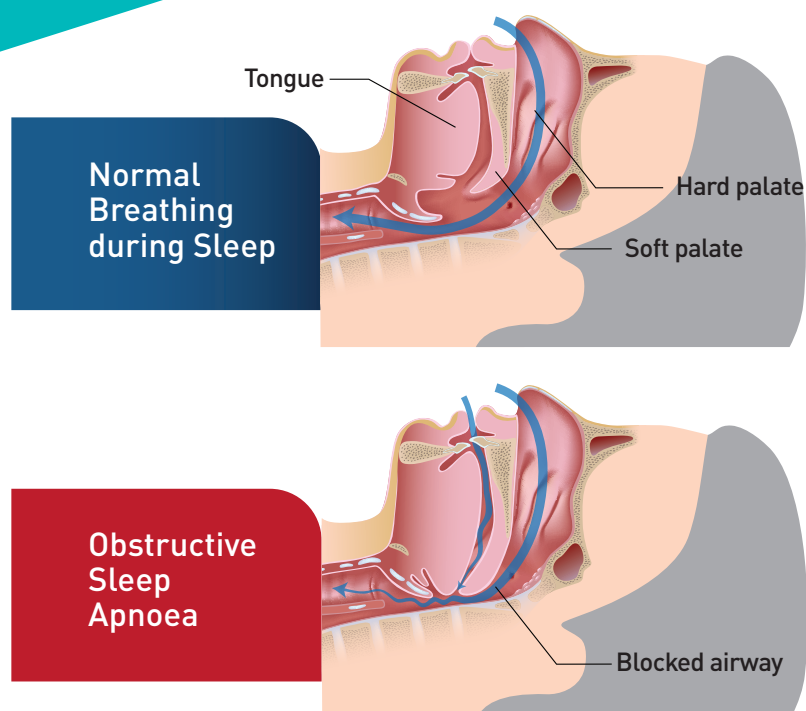
Obstructive sleep apnoea (OSA) is the most common sleep related breathing disorder. It occurs when the throat muscles intermittently relax and block the airway, causing one to repeatedly stop and start breathing during sleep.<sup>1</sup>

The most common signs and symptoms of OSA include snoring, daytime sleepiness or fatigue, restlessness during sleep, sudden awakenings with a sensation of gasping or choking and cognitive impairment, such as trouble concentrating, forgetfulness or irritability.<sup>2</sup>

If left untreated, OSA can cause health problems, including hypertension (high blood pressure), stroke, cardiomyopathy (enlargement of the muscle tissue of the heart), heart failure, diabetes and heart attacks.<sup>2</sup>

## Perioperative Risk for Surgical Patients with OSA

OSA is associated with increased risk for postoperative complications, including pulmonary complications, oxygen desaturation, difficult airway management, cardiac complications such as atrial fibrillation, myocardial infarction or pulmonary embolism and post-operative delirium.<sup>3</sup>



### References:

1. <https://www.mayoclinic.org/diseases-conditions/obstructive-sleep-apnea/symptoms-causes/syc-20352090>
2. <https://my.clevelandclinic.org/health/diseases/8718-sleep-apnea>
3. Malaysian Guidelines for the Peri-operative Care of Adults with Obstructive Sleep Apnoea