

ERJ Study Finds 50% of Women Suffer from Sleep Apnoea

The European Respiratory Journal reports that fully half of the 400 women given overnight sleep tests in a new Swedish study turned out to have mild-to-severe sleep apnea.

In the random population sample of adult women who answered a questionnaire and were monitored while sleeping, half experienced at least five episodes an hour when they stopped breathing for longer than 10 seconds, the minimum definition of sleep apnea.

Among women with hypertension or who were obese – two risk factors for sleep apnea – the numbers were even higher, reaching 80 to 84 percent of women. Many of the women in the study represent mild cases of sleep apnea. Sleep apnea is tied to a higher risk of stroke, heart attack and early death. One recent study also found that women who have sleep apnea are more likely to develop memory problems and dementia. Franklin said his group wanted to get updated evidence of how common the condition is.



The researchers selected 400 women between the ages of 20 and 70 from a larger population sample of 10,000, and asked them to sleep overnight at home with sensors attached to their bodies. The sensors measured heart rate, eye and leg movements, blood

oxygen levels, air flow and brain waves. Each apnea event was defined by at a least a 10-second pause in breathing accompanied by a drop in blood oxygen levels. considered to have sleep apnea.

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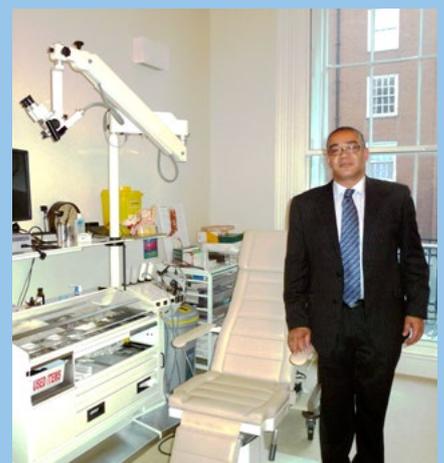
Michael Oko has established a Sleeping Disorders Centre clinic at London's most respected medical address to cater for private patients in need of diagnosis and treatment for sleep apnoea and other sleep disorders

Clinics on Fridays and Saturdays

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OSA Increases Cardiovascular Mortality in the Elderly

Untreated severe obstructive sleep apnea (OSA) is associated with an increased risk of cardiovascular mortality in the elderly, and adequate treatment with continuous positive airway pressure (CPAP) may significantly reduce this risk, according to a new study from researchers in Spain.

“Although the link between OSA and cardiovascular mortality is well established in younger patients, evidence on this relationship in the elderly has been conflicting,” said lead author Miguel Ángel Martínez-García, MD, of La Fe University and Polytechnic Hospital in Valencia, Spain. “In our study of 939 elderly patients, severe OSA not treated with CPAP was associated with an increased risk of cardiovascular mortality especially from stroke and heart failure, and CPAP treatment reduced this excess of cardiovascular mortality to levels similar to those seen in patients without OSA.”

The findings were published online ahead of print publication in the American Thoracic Society’s American Journal of Respiratory and Critical Care Medicine.



Patient story: From Yawning to Wide Awake

Yawn! yawn! yawn! that was my problem for years, even whilst in my early thirties, whilst studying, sat in a classroom, I would yawn away constantly and blame ‘air hunger’ on the cause, feeling absolutely awful in the morning, as though I needed a good sleep as soon as I woke was a normal feeling that I had learned to live with thinking that it was eventually due to getting older and overweight but knew that I was ‘fit and well’ and could usually do more than this. Walking through treacle and even half a days work felt like I had done a 12 hour double shift, everything a chore, the occasional good day was always well received but was in the minority.

Then I was lucky enough to meet Mr Oko and assist him on a clinic after which he asked me about my yawning and we discussed how my husband couldn’t stand my snoring and how I had to stay up for an hour after he went to bed so that he could get to sleep first, how he had told me for years that I stopped breathing and would then just gasp and return to snoring away, which would disturb his sleep for the rest of the night. After we talked, Mr Oko advised me to get referred to him to get tested for sleep apnoea.

This I did and after spending a night strapped up to the monitors I was diagnosed with definite sleep apnoea and although I had heard from others about the difficulties of using a CPAP machine etc I was well prepared to give it a go.

The biggest problem for me at first was finding a socket to plug it in by my bed but we got round that with an extension lead and found that the underbed drawer was brilliant for putting the machine out of the way during the day and then just open it at night. The next obstacle for me was waking with such a terribly dry mouth, so a humidifier was fitted and hey presto, hubby and I both got sleep!

I have been nothing but impressed by the service provided by ‘Respironics’ who have kept in touch all the way and me preferring email communication, they have always responded promptly. Equipment provision has been better than excellent and replacements, when necessary, have been done on what has always felt to be a priority basis and I truly am impressed by the service and reassurance they have provided.

Now my sleep is 5-6 hours good quality sleep, up and about well before everyone else and AWAKE as soon as I wake..... sounds silly but before, I would get up but take hours before I felt properly alive.