

RELATIONSHIP BETWEEN SLEEP APNEA AND MEDICAL DISORDERS

Hypertension	30% Nieto - JAMA 2000
Drug Resistant Hypertension	83% Logan - Hypertension 2001
Chronic Heart Failure (40%C 30%O)	76% Oldenburg - Eur J Heart Failure
Congestive Heart Failure	85% Jiang - Journal of Cardiac Failure 2007
Atrial Fibrillation	49% Gami-Nat Clin Pract Cardiovasc Med 2005
Ischemic Heart Disease	38% Moee - Am J Respir Crit Care Med 2001
Stroke	92% NorAdina- Singapore Med J 2006
Medically Refractory Epilepsy	33% Malow -Neurology 2000
Metabolic Syndrome	50% Ambrosetti - J Cardiovasc Med 2006
Type II Diabetes	48% Einhorn - Endocr Pract. 2007
Obese Diabetics	70% Brooks - J Clin Endocrinol Metab 1994
Morbid Obesity Male 90% Female	50% Fritscher- Obes Surg 2007
GERD (same for snoring as OSA)	60% Valipour- Chest 2002

DIAGNOSIS OBSTRUCTIVE SLEEP APNEA

Apnea: Cessation of breathing for 10 seconds or more
Hypopnea: Oxygen desaturation 4% or more
AHI: Apnea-Hypopnea Index

<i>AHI 5</i>	<i>Normal</i>	}	Oral Appliance
<i>AHI 5-15</i>	<i>Mild Sleep Apnea</i>		
<i>AHI 16-30</i>	<i>Moderate Sleep Apnea</i>		
<i>AHI over 30</i>	<i>Severe Sleep Apnea (CPAP)</i>		



NARVAL APPLIANCE