



Obstructive Sleep Apnoea

Patient information Leaflet

December 2019

Obstructive sleep apnoea (OSA) is a problem that affects a person's breathing during sleep. A person with OSA may sometimes stop breathing during sleep resulting in complete or partial block (obstruction) to normal air flow into the lungs. The block in airflow is usually caused by the collapse of the soft tissues in the back of the throat (upper airway) and tongue during sleep. This causes disturbed night time sleep and excessive sleepiness during day time.

Causes of OSA

People who are at higher risk of developing sleep apnea include those with:

- enlarged tonsils and/or adenoids
- Family history of OSA
- Excessive weight—obesity
- Jaw problems

What are the symptoms?

You may not be aware that you have OSA, but these symptoms may be more obvious to a spouse, other family member, or close friend.

Common symptoms you may have during sleep

- Snoring that is usually loud and bothers other people trying to sleep near you. Snoring can come and go through the night.
- Gasping or choking sounds.
- Breathing pauses observed by someone watching you sleep.
- Restless tossing and turning.
- Frequent awakenings from sleep.

Common symptoms you may have while awake

- Wake up feeling like you have not had enough sleep, even after sleeping many hours.
- Morning headache.
- Dry or sore throat in the morning from breathing through your mouth during sleep.
- Sleepiness during the day.
- Fatigue or tiredness through the day.
- Personality changes, such as mood swings and difficulty getting along with others.
 - Problems with poor memory or inability to concentrate.

Can OSA be dangerous? Lack of sleep can cause you to fall asleep while driving and result in car accidents. OSA can, with time, cause high blood pressure (hypertension), heart disease, stroke, diabetes mellitus, or early death.

OSA and Anaesthesia: If you are having procedure under general anaesthesia or sedation. It can affect your smooth recovery from anaesthetic. Your anaesthetist may have to take extra precautions and make special arrangements for your safe recovery from anaesthesia. Therefore, Preop clinic team will ask you series of health questions to find the risk of OSA.

Further steps

If you are identified to be at higher risk for OSA, you may be referred for sleep apnoea studies. Sleep apnoea can be effectively treated, and there are a number of ways to do so.

Please be aware that your ability to drive may be affected if you are tested positive

for Obstructive Sleep Apnoea. Please refer to SATA Detailed DVLA Guidance for UK Drivers with Sleep Apnoea – Jan 2019.

Please talk with your healthcare provider if you need more information.

If you have any questions you want to ask, you can use this space below to remind you

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

If you require an interpreter, please ask an appropriate person to contact our central booking office between Monday to Friday 8am to 5pm on 0161 922 6991 to arrange this for you.

語言翻譯及病者支持服務 (LIPS):

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 0161 922 6991 聯絡本中央預約辦事處來您您安排 我們的辦公時間是星期一至星期五 上午 8 時至下午 5 時

Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta (Language, Interpretation and Patient Support Service LIPS):

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (Central Booking Office), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od 08:00 - 17:00 pod numerem 0161 922 6991.

لینگوئج، انٹرپرائٹیشن اینڈ پیسٹنٹ سپورٹ سروس (Lips)

اگر آپ کو اپنی اپائنٹمنٹ کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بکنگ آفس سے پیر سے جمعہ 8.00 بجے صبح سے 5.00 بجے شام کے دوران 0161 922 6991 پر فون کر کے اس کا بندوبست کریں۔

Document control information

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