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ASSOCIATION BETWEEN OBESITY AND OBSTRUCTIVE SLEEP APNEA IN THE YOUNG ADULT AND AGED MALE POPULATION - A SURVEY BASED ANALYSIS

Abstract

Obstructive Sleep Apnea is characterized by repeated episodes of upper airway obstruction during sleep, causing expiratory dyspnea, intermittent oxygen desaturation, systemic and pulmonary arterial blood pressure surges, and sleep disruption. The aim of this study is to determine the association between obesity and obstructive sleep apnea and to analyse the most prevalent age group in males. This is a survey based study carried between the month of April 2020-May 2020. This survey was carried out with the help of an online platform. Around 100 male participants aged between 15-60 years participated in this survey. Based on the responses, data was collected and tabulated in an Excel sheet. This was followed by transferring the Excel tabulated data to SPSS for data analysis. Student's unpaired T test was conducted for statistical analysis. Based on the analysis the results were tabulated. The most common age associated with sleep apnea was the age group above 40 years 38%. 82% of the participants had a BMI value more than 35kgm². 63% reported with a habit of snoring. 52% complained with day time sleepiness. 52% revealed a family history of sleep apnea. Based on the results it is seen that obstructive sleep apnea is most common among the elderly population. Majority of the participants had a BMI value > 35kgm²; and a neck circumference > 40 cm which indicates obesity. Hence it is proved that obesity has a strong association with obstructive sleep apnea

Keywords:

daytime sleepiness Males obesity sleep apnea snoring