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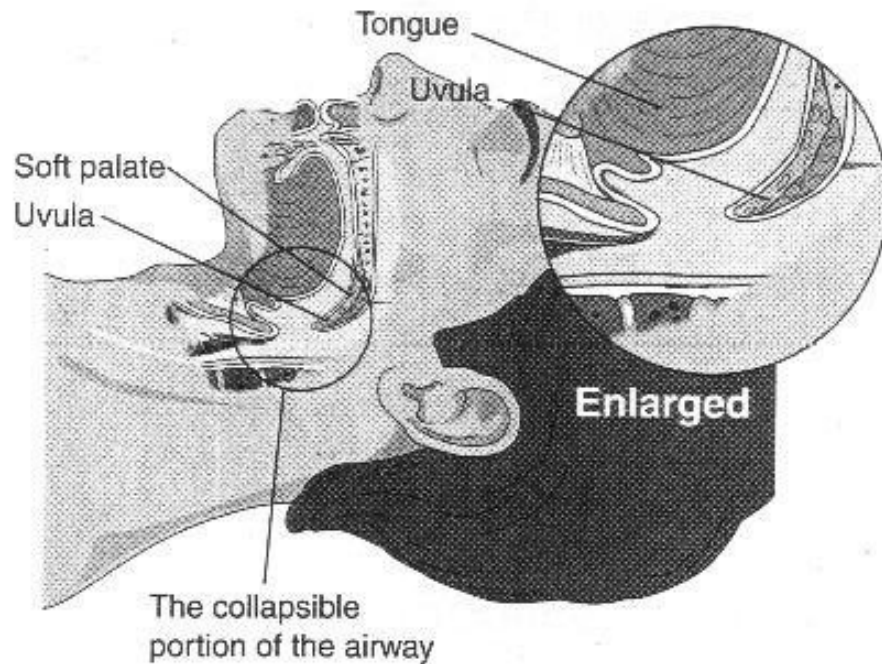
Obstructive Sleep Apnoea

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September 2009

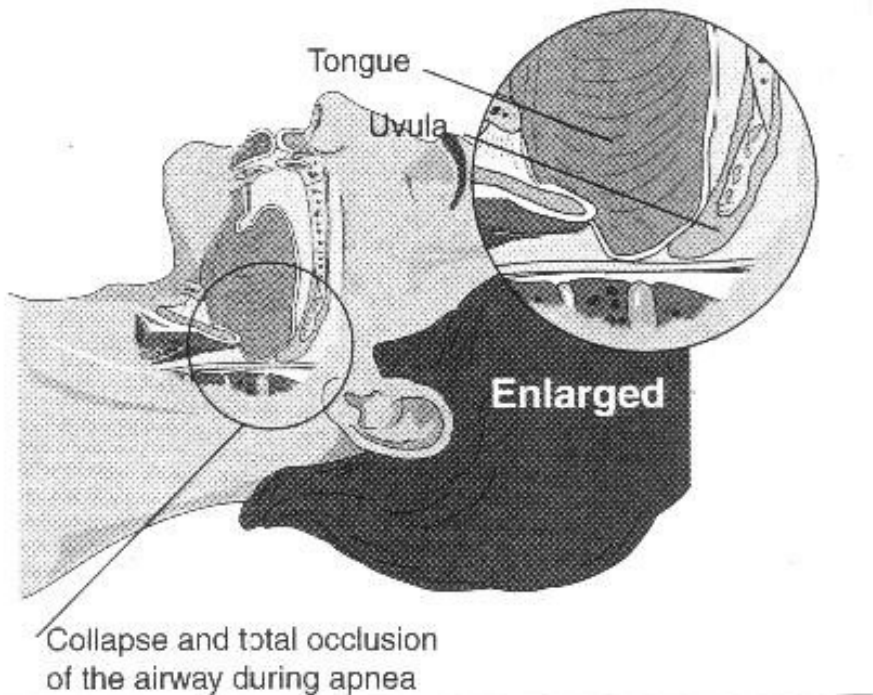
Normal Breathing



- When awake & with normal breathing during sleep, several different muscles act to hold these areas of the throat (pharynx) open
- Maintained through various stages of sleep

What Is Obstructive Sleep Apnoea?

- A complete or partial cessation of breathing during sleep.
- Caused by excess weight around the neck and/or weak upper airway muscles
- Affects primarily over-weight, middle-aged men



- Pharynx uses muscle tone but loses tone when asleep
- Anything narrowing the airway “tube” increases risk of collapse
- Snoring is the vibration during a narrowing

Apnoeic Event



What Are the Signs and Symptoms?

- Affects primarily over-weight, middle-aged men, but not exclusively!
- **During the night;**
 - Heavy snoring
 - Gasping during sleep
 - Stopping breathing
 - Nocturia
 - Excessive sweating
- **During the day;**
 - Excessive tiredness during the day
 - Inability to concentrate
 - Irritability
 - Morning headaches and dry mouth
 - Depression
 - Effects ability to function normally e.g. driving



What are the Consequences?

- Excessive sleepiness often causes people with OSA to fall asleep in situations when it is important they remain awake
- Increased blood pressure
- Cardio-vascular disease
- Stroke
- Obesity
- Decreased productivity
- Untreated, OSA has social, domestic and relationship consequences



Did You Know....?

- OSA sufferers are **7 times more likely to be involved in a RTA**
- OSA affect 4-10% of the population, higher prevalence in men, often overweight
- **80%** of sufferers have **not been diagnosed**
- OSA is as **common as Type II Diabetes** and often mis-diagnosed
- 15-20% of all RTA's are related to sleep disorders (Findley 2001)
- Treating OSA will show a marked reduction in RTA's
- In the US, 800,000 drivers were involved in OSA-related motor-vehicle collisions in the year 2000 (Sassani 2004)
 - \$15.9 billion
 - 1400 lives
 - Treating all OSA drivers would cost \$3.2 billion, saving \$11.1 in collision costs and 980 lives annually

Take Some Action and be Responsible...



- Identify those at risk (objective/subjective)
- Commercial
 - Implement a simple screening program through Occupational Health
- Public
 - Go and see your GP

- Treatment is by Continuous Positive Airway Pressure (CPAP)
- Works as an air splint to maintain upper airway patency during sleep
- Most effective non-invasive therapy
- Resolves apnoeas and associated symptoms
- Visit



In Conclusion

- Treating Obstructive Sleep Apnoea will benefit
 - The sufferer and their family/friends
 - The company
 - The public
 - Reduced accident rates and associated costs
 - Savings in relief-driver costs
 - Lower insurance premiums for companies with screening programs?
 - Protection against criminal prosecutions and litigation
 - Improved personal and business performance
- Come and talk to ResMed to see how we can assist you in developing and implementing a care programme



Thank You for Your Time