

# SLEEP APNEA

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DNTH 514



# OBJECTIVES

1. Define the terms sleep apnea, obstructive sleep apnea, central sleep apnea, and complex sleep apnea.
2. Discuss how is sleep apnea diagnosed.
3. Describe the signs and symptoms seen in patients with sleep apnea.
4. Evaluate the risk factors of sleep apnea.
5. Indicate the role of dental hygienists in providing care for patients with sleep apnea.

# Sleep Apnea

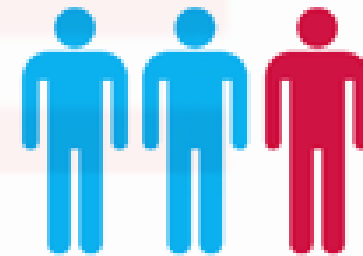


1 in 50 Americans suffering from sleep apnea are *undiagnosed*.

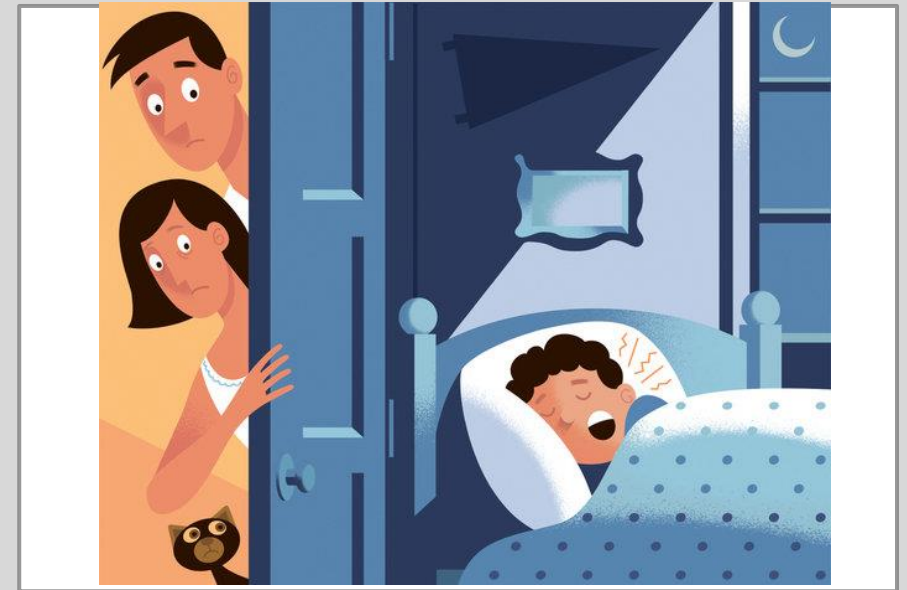
1 in 3 people over the age of 15 is at *risk* for sleep apnea.



An estimated **18 million** Americans (**1 in 15**) have sleep apnea.



# HOW WELL I SLEEP



Do You  
Have Sleep Apnea?

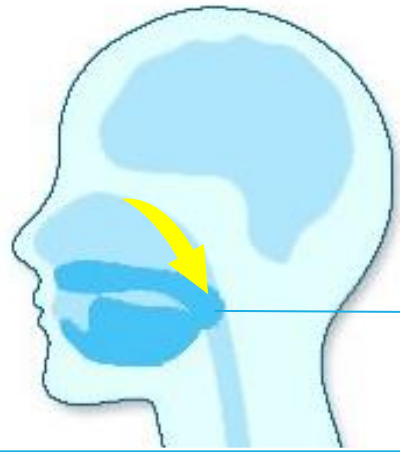
# What is **Sleep Apnea**?

- An involuntary cessation of breathing that occurs while the patient is asleep
- Comes from the Greek word “apnea” means “without breath”
- Very common, affecting more than 18 million Americans
- An illness that needs to be taken seriously





# Types of Sleep Apnea



BLOCKED AIRWAY

## Obstructive Sleep Apnea

Most Common

Soft tissue in the back of upper airway relaxes during sleep and obstruct the airway



OPEN AIRWAY

## Central Sleep Apnea

Less Common

Occure when the brain doesn't signal the muscles that control breathing

## Complex Sleep Apnea

A combination of Obstruct Sleep Apnea and Central Apnea

# Signs and Symptoms

**Watch this  
video**

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What did you  
notice ?



Loud snoring



Difficulty staying asleep



Morning headache



Awakening with a dry mouth



Difficulty paying attention while awake





Excessive daytime sleepiness



Irritability



Gasping for air during sleep



Reduced or absent breathing, known as apnea events



# How is Sleep Apnea diagnosed?

Tests to detect sleep apnea include:



Lap Sleep Study



Home Sleep Study



## **Polysomnography or Sleep Study**





# Home Sleep Tests

# Complication of Untreated Sleep Apnea



Snoring  
Daytime Sleepiness &  
Fatigue



Memory loss  
Depression  
Anxiety



Type II Diabetes  
High Blood  
Sugar



Increased  
Cardiac &  
Stroke Risk



Low Blood Oxygen Levels  
High Blood Pressure



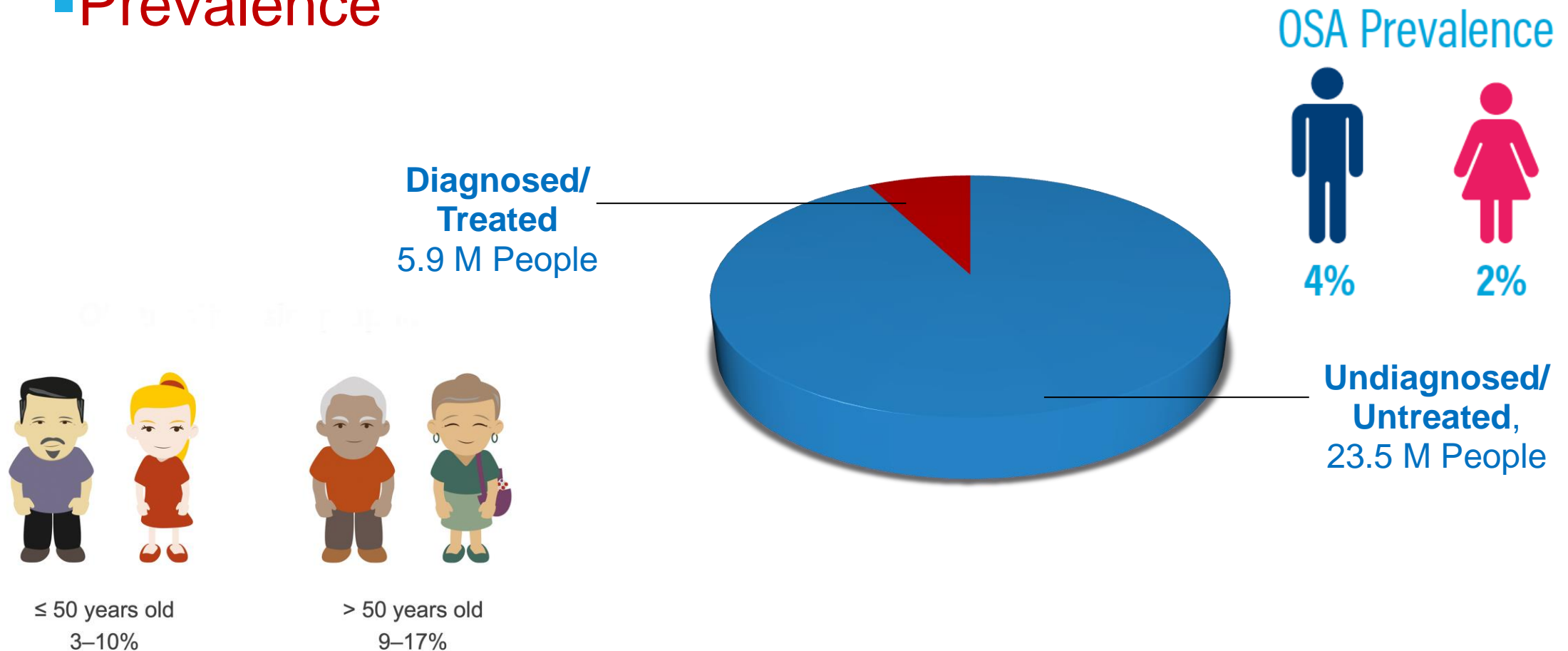
Decreased Sexual  
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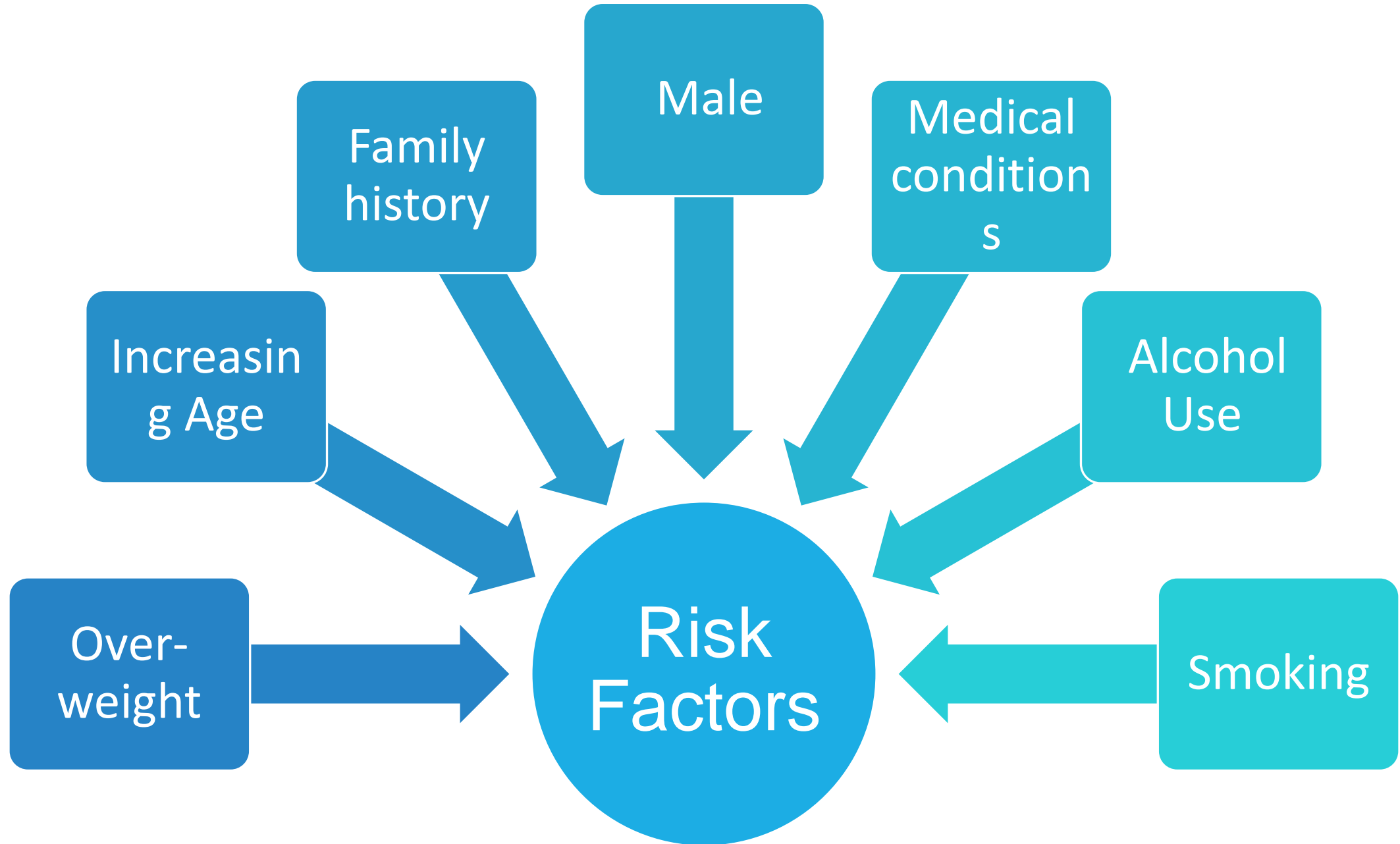




# RISK FACTORS

## ■ Prevalence





# Treatment Options



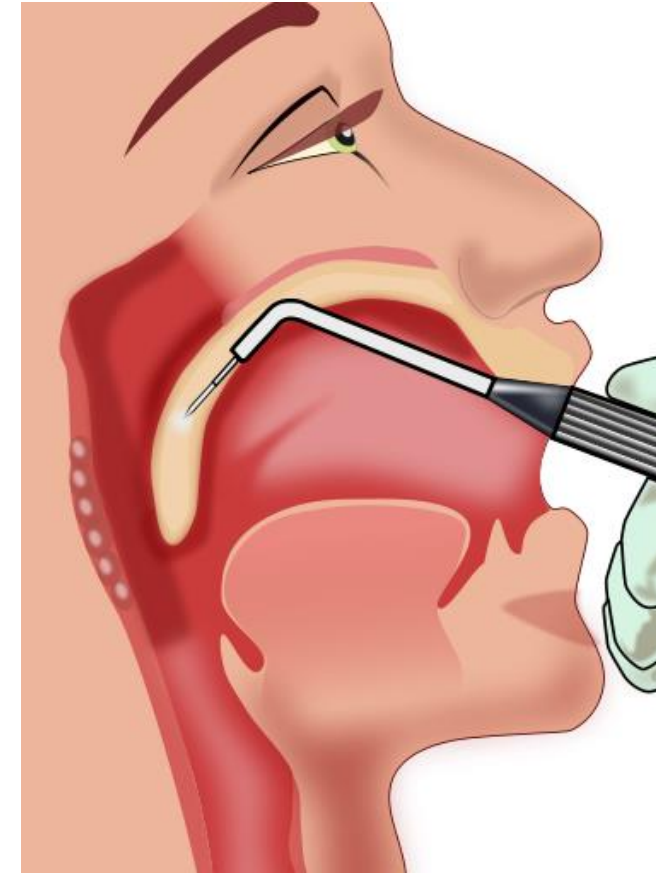
CPAP



Oral Appliance



Lifestyle Change



Surgery

# Dental Hygienists' Role

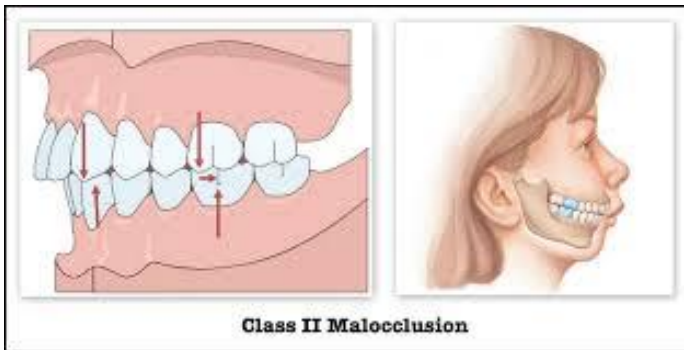




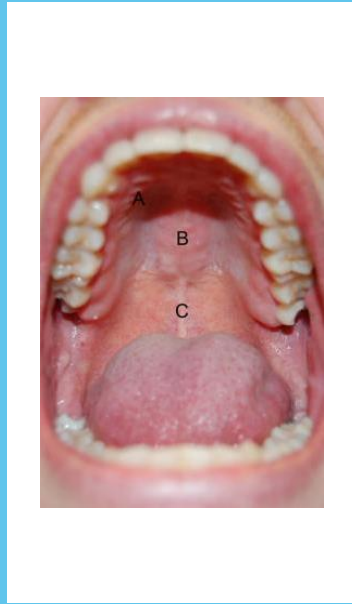
# I. Detection of Sleep Apnea

## Extraoral Examinations

- Large neck circumference (> 17 inches for men or > 16 inches for women)
- Small, retrognathic mandible
- Class II malocclusion







# I. Detection of Sleep Apnea

## Intraoral Examinations

- Wide tongue
- Narrow hard palate
- Enlarged uvula, tonsils
- Bruxism



# I. Detection of Sleep Apnea

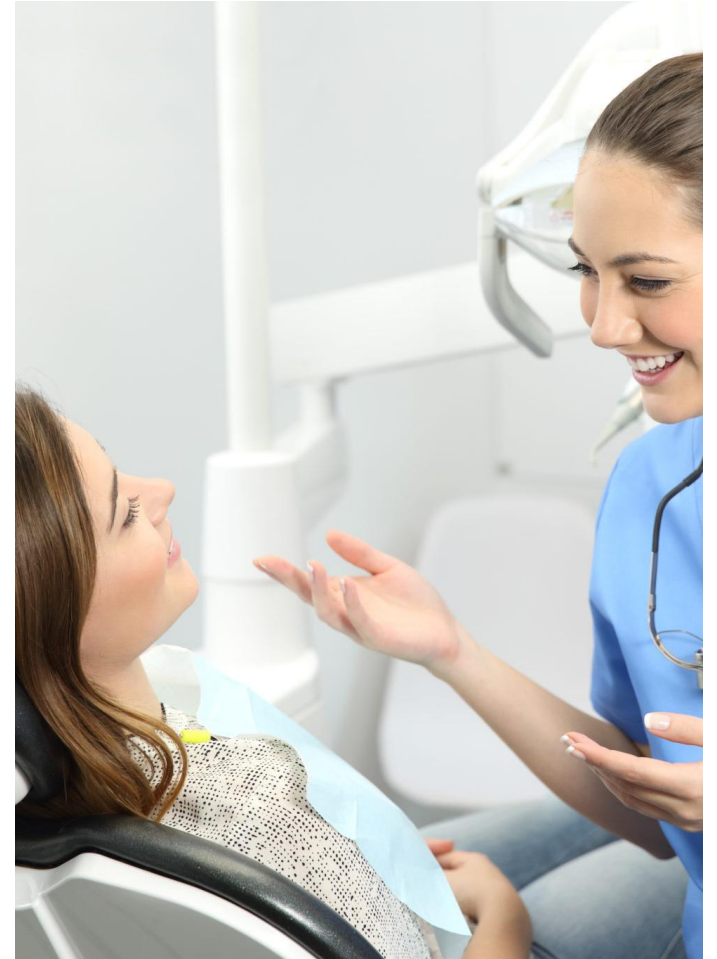
## Screening Tools

- The Berlin questionnaire
- The STOP-BANG questionnaire (SBQ)
- The Sleep Apnea Clinical Score

## Medical history

## II. EDUCATING PATIENTS

- Patients should be educated about the health risks, symptoms, and treatment options
- Focusing on:
  - lifestyle modifications
  - Smoking cessation
  - Nutritional counseling



# III. MEDICAL REFERRAL



Effectively communicate with medical providers about the patient's risk factors and symptoms.



Referral to sleep specialists or physicians



To improve overall quality of life and receive accurate diagnosis and seek treatment.



# SUMMERY

- ❖ Sleep apnea is a potentially serious sleep disorder in which breathing repeatedly stops and starts
- ❖ Obstructive Sleep Apnea is the most common types
- ❖ Some of the risk factors, such as unhealthy lifestyle habits and environments, can be changed
- ❖ Common sleep apnea signs and symptoms are snoring and gasping during sleep and sleepiness.
- ❖ Undiagnosed or untreated sleep apnea prevents restful sleep and can cause complications that may affect many parts of your body.
- ❖ Dental hygienists are at a pivotal position to assist the interprofessional team in screening, educating and referring patients





**HAPPY SLEEPING**