Handbook Of Sleep-related Breathing Disorders

John R Stradling
Learn more about Disordered Breathing. Sleep Disorders Part I. Shahrokh Javaheri, Virend K. Somers, in Handbook of Clinical Neurology, 2011. Obstructive Sleep Apnea Is An Inflammatory Disorder Resulting In Cardiocerebrovascular Disorders. The myriad symptoms related to hyperventilation and breathing pattern disorders at first glance may seem hard to relate to simply the rate and depth of breathing. A full explanation of this relationship is explained in subsequent chapters, particularly in Chapter 3 where clarification is offered as to how biochemistry transforms inappropriate breathing patterns to a diverse range of symptoms including loss of balance, indigestion, paresthesias, visual disturbances and angina pain. Obesity hypoventilation syndrome is a form of sleep disordered breathing. Two subtypes are recognized, depending on the nature of disordered breathing detected on further investigations. The first is OHS in the context of obstructive sleep apnea; this is confirmed by the occurrence of 5 or more episodes of apnea, hypopnea or respiratory-related arousals per hour (high apnea-hypopnea index) during sleep. "Sleep-related breathing disorders in adults: recommendations for syndrome definition and measurement techniques in clinical research. The Report of an American Academy of Sleep Medicine Task Force". Sleep. Handbook of Obesity, Marcel Dekker Inc. p. 726. ISBN 978-0-8247-9899-4. Sleep-related breathing disorders encompass a range of disorders in which abnormal ventilation occurs during sleep as a result of partial or complete obstruction of the upper airway, altered respiratory drive, abnormal chest wall movement, or respiratory muscle function. The most common of these is obstructive sleep apnea (OSA), occurring in both adults and children, and causing significant cognitive and daytime dysfunction and reduced quality of life. OSA patients experience repetitive brief cessation of breathing throughout the night, which causes intermittent hypoxemia (reductions in hemog