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What predicts excessive daytime somnolence in sleep apnea?

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Objectives: The Epworth Sleepiness Scale is a simple, self-administered questionnaire which provides a measurement of the subject's general level of daytime sleepiness.

The aim of this study was to investigate the factors that can predict daytime sleepiness in patients with sleep apnea.

Methods: 50 consecutive patients with suspected obstructive sleep apnea were enrolled into the study. Age, gender, anthropometric and polygraphic data were thoroughly analysed. In all subjects daily sleepiness was assessed by Epworth Sleepiness Scale.

Results: The mean age of the subjects was 54.7 ± 12.8 years, 82% males. The mean BMI was 31.9 ± 6 kg/m². Pearson correlation coefficient analysis demonstrates a significant positive correlation between the Epworth Sleepiness Scale and the desaturation index ($r=0.31$, $p<0.01$) and arterial hypertension ($r=0.32$, $p<0.01$). The forward stepwise regression analysis shows that the apnea hypopnea index and desaturation index are important predictors of daytime sleepiness in patients with obstructive sleep apnea which explains 40% of the Epworth Sleepiness Scale score.

Conclusion: The Epworth Sleepiness Scale is a useful instrument for clinical assessment of obstructive sleep apnea. The apnea hypopnea index and desaturation index in patients with obstructive sleep apnea are independent risk factors for daytime sleepiness.

Biography

Alexandru Corlateanu has completed his PhD at the age of 30 years from State Medical and Pharmaceutical University «Nicolae Testemitanu», Republic of Moldova, Chisinau. He is the Vice-Dean Faculty Medicine Nr.1 and associate professor at the Department of Respiratory Medicine/Allergology, State Medical and Pharmaceutical University «Nicolae Testemitanu», Republic of Moldova, Chisinau. He has published more than 35 papers in reputed journals and has been serving as an editorial board member of repute.

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