

CLINICAL PEARL

# Clinical Pearl

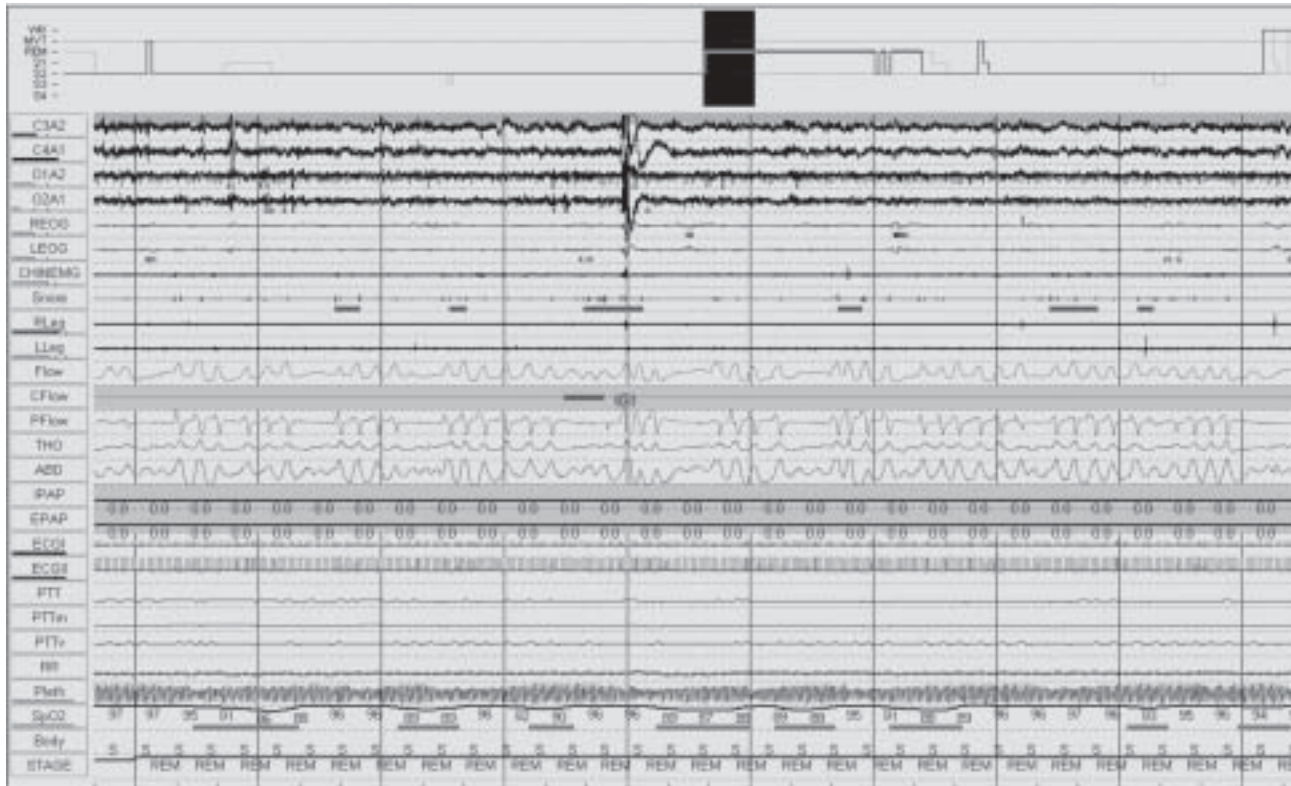
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**A** 31 year old female with BMI of 30, Epworth score of 17/24 found to have Obstructive sleep apnea with AHI of 33/hr. Patient had recurrent

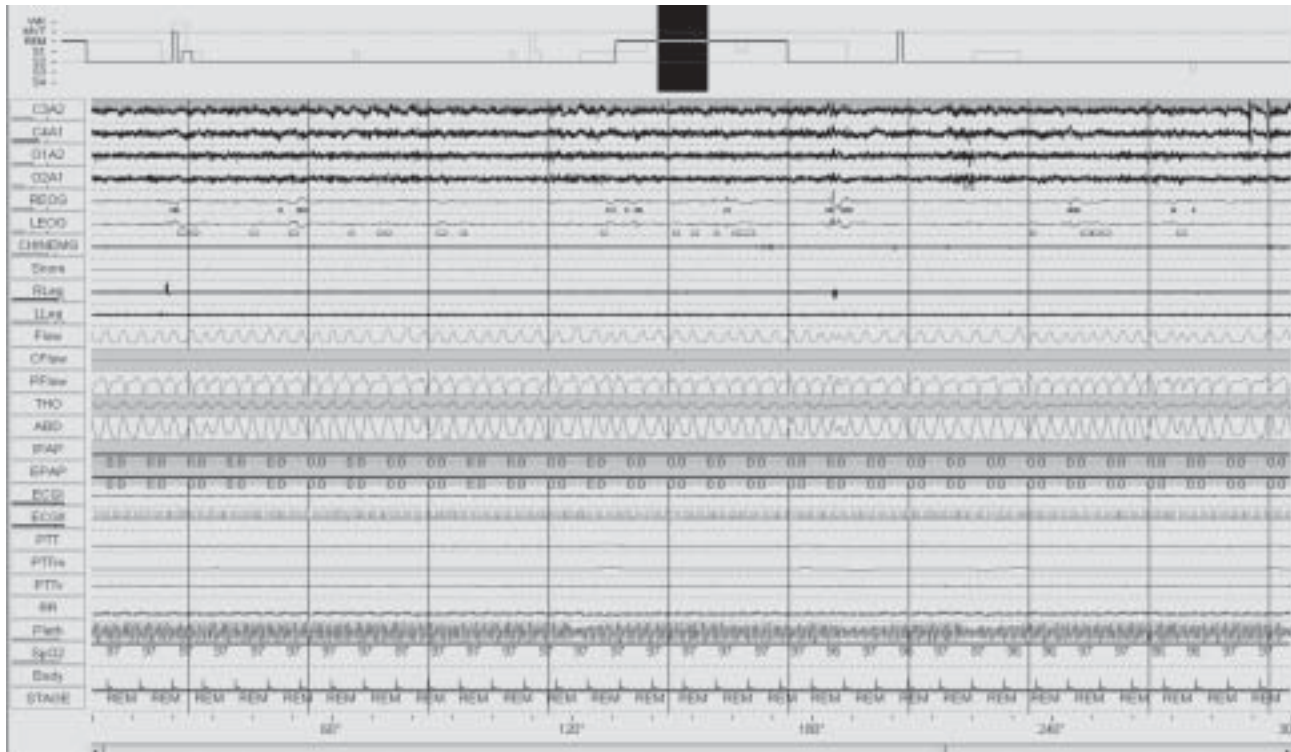
sinusitis and claustrophobia for masks. On further evaluation of raw PSG data revealed the following:



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The two epochs are samples of patients sleep related abnormalities. It was clear that all the patients apneic events were during REM phase (REM predominant apnea). Furthermore they were limited to supine position (Positional sleep apnea).

Positional therapy was instituted with remarkable improvement in patients symptoms.

This patient would not have tolerated positive pressure therapy due to severe recurrent sinusitis and claustrophobia.

Take home message: upto 30-40% of patients may have positional component to there sleep apnea syndrome( Described as 100% increase in AHI on change in position). While it is not common to have isolated severe positional apnea as seen above, recognition of this variant may be very helpful in devising a therapeutic plan for your patient. Combination of positional therapy may significantly reduce the need for high pressures on CPAP therapy thus avoiding complications of high pressure and may improve acceptability of the device.