

OVERVIEW OF FACTORS ASSOCIATED WITH SNORING-SLEEP

APNEA-A RETROSPECTIVE STUDY

SURYANARAYANA JOSHYAM, PAVINTHAN. K & AKSHATHA. S

Department of ENT, Bangalore Medical College and Research Institute, Fort Road, Bangalore, Karnataka, India

ABSTRACT

The present study aims to correlate risk factors associated with snoring or sleep apnea. The retrospective cross sectional study conducted at Department of ENT, Bowring and Lady Curzon hospital, Bangalore Medical College and Research Institute. Demographic profile, history of the patients, anthropometric parameters, duration of snoring, past illness, type of illness, associated risk factors of snoring collected from the pretested questionnaires. Collected data was analyzed by SPSS lab -19.50 versions. The inmates of the snoring or sleep apnea will be causes many complications, i.e., longer duration of diabetic mellitus (8.63%), hypertension (12.55%), stroke (5.52%), neurological disorder (3.22%) were positively correlated with sleep apnea and there were found to be statistically significant ($p < 0.000$). Further research work fortunately will be needed to focus the risk factors of sleep apnea. Over obesity, high blood pressure and elevated cholesterol level can be served as a tool for predicting the sleep apnea. Awareness programme is able to reduce the complications.

KEYWORDS: Over Obesity, Sleep Apnea, and Snoring, Neurological Disorder