

Excessive Daytime Sleepiness (EDS)

Related to Obstructive Sleep Apnea

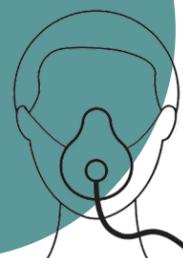
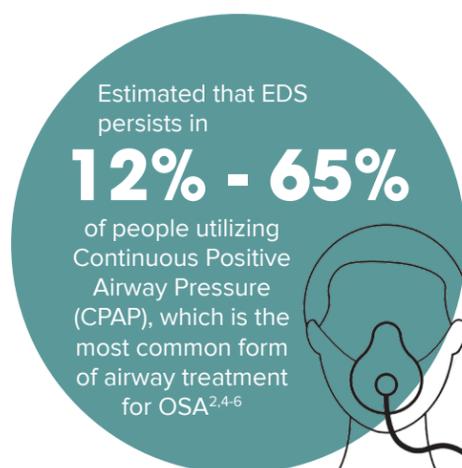
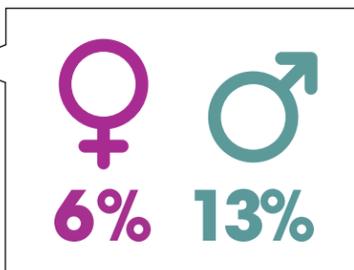
Excessive daytime sleepiness (EDS) is a real medical condition that can be associated with obstructive sleep apnea (OSA). This condition can make people overwhelmingly tired during the day and can negatively impact relationships, job performance, and daily activities.



Prevalence of EDS related to OSA



OSA is a prevalent disease (as high as 6% in women and 13% in men) with EDS being a major presenting complaint in many cases^{1,3}



OSA can affect the brain³

EDS in OSA is associated with:

- Impaired neurocognitive functioning⁷
- Effects on attention, memory and executive functioning⁷

OSA has been associated with:

- Changes to the way the brain sends signals that keep people awake during the day. Even with the proper use of CPAP at night, one could still be extremely tired during the day^{3,5,8,9}
- Repeated blockage of the airway while sleeping, which can cause breathing to be shallow or even stopped, can occur sometimes hundreds of times during the night¹⁰



EDS related to OSA can affect many aspects of patients' lives

In a clinical research study*, investigators found that among 822 patients with newly diagnosed moderate to severe OSA¹¹:



*Icelandic Sleep Apnea Cohort

EDS in OSA may be denied or underreported due to^{3,12,13}

acceptance of chronic sleepiness as the "new normal"

caffeine use masking sleepiness

denial of sleepiness or its effects

EDS related to OSA diagnosis and treatment

People with sleep apnea may see a variety of doctors including sleep specialists, psychiatrists, neurologists, pulmonologists or primary care physicians who may use the Epworth Sleepiness Scale to evaluate how likely one is to fall asleep during daily activities¹⁴

Positive airway pressure therapy is the most common and an essential part of treatment for sleep apnea, but it may not completely relieve symptoms of EDS⁵



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