

Sleep apnoea & heart disease



What does sleep apnoea have to do with heart disease?

Quite a lot actually. Many cardiac problems are exacerbated by chronic sleep disorders such as obstructive sleep apnoea. In particular high blood pressure, atrial fibrillation and heart failure are much more difficult to control if you have sleep apnoea that is untreated. Sleep apnoea by itself is also dangerous condition if left untreated.

How do I know if I have sleep apnoea?


Most people can't tell if they have it themselves. But chronic tiredness and falling asleep during the day are common conditions. People who snore badly often have sleep apnoea. They also stop breathing during their sleep. If you have sleep apnoea you may not notice that this happens, but your bed partner might. Ask them.

What can untreated severe sleep apnoea do to me? Apart from feeling chronically tired

You have 

70%


increased risk of death or a non-fatal heart event (mini stroke or heart attack)

46%


increased risk of an early death

300%


increased risk of stroke

8fold


risk of a car accident with a personal injury

Complete the sleep screening form

on reverse and speak to your doctor today

References

- 1, Punjabi N, Caffo B, et al. Sleep disordered breathing and mortality. PLoS Medicine 2009, 6:e1000132
- 2, Moee T, Franklin K, et al. Sleep disordered breathing and coronary artery disease, Am J Respir Crit Care Med 2001, 164:1910-1913
- 3, Horstmann S, Hess C, et al. Sleepiness related accidents in sleep apnoea patients. Sleep 2000, 23:1-7
- 4, Findley L, Smith C, et al. Treatment with nasal CPAP decreases automobile accidents in patient with sleep apnoea. Am J Respir Crit Care Med 2000, 161:857-859
- 5, Mulgrew A, Nasvardi G, et al. Risk and severity of motor vehicle crashes in patients with OSAH. Thorax 2008, 63:536-541

Sleep screening form

Patient details - Please complete the following

Name

Weight (kg)

DOB

Gender

M

F

Height (mm)

Questionnaire

yes

no

Snoring

Do you snore loudly (louder than talking or loud enough to be heard through closed doors)?

yes

no

Tired

Do you often feel tired, fatigued or sleepy during the day time?

yes

no

Observed

Has anyone observed you stop breathing during your sleep?

yes

no

Blood pressure

Do you have or are you being treated for high blood pressure?

yes

no

BMI (Body Mass Index) (weight in kg / [height in metres x height in metres])

Is your BMI more than 35kg/m

yes

no

Age

Are you over 50 years of age?

yes

no

Neck circumference

Is your neck circumference greater than 40cm or do you wear a collar size of L or larger?

yes

no

Gender

Are you male?

Did you answer 'yes' to four or more of these questions?

If you answered 'yes' to four or more of these questions you may have a high risk of sleep apnoea. Please discuss these results with your doctor.