European Respiratory Society
Annual Congress 2012

Abstract Group: 4.2. Sleep and Control of Breathing

Keyword 1: Sleep studies **Keyword 2:** Apnoea / Hypopnea **Keyword 3:** Sleep disorders

Title: Snoring at sitting position is a good predictor of sleep apnea in Chinese patients

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Body: Background Snoring is a common symptom among adults population, and it is the most common complaint in patient with obstructive sleep apnea(OSA) syndrome. Patients who have snoring in sitting position during nap or sleep should have narrower upper airway. The aim of this study was to evaluate if the snoring in sitting position is a predictor of OSA patients. Method We prospective enrolled 51 male and 23 female patients. All the participants received questionnaires as well as a standard polysomnography thereafter. Result Patients who have self-reported snoring of sitting position (with tilt position for over than 45°, SS+ group) have higher body mass index as well as higher circumflex of neck and waist, higher level of Epworth sleepiness scale. During polysomnographic study, SS group have more percentage of S1 and less percentage of S2 sleep. Besides, SS group have more severity of apnea-hypopnea index (AHI), as well as higher AHI during REM or non-REM sleep. More oxygen desaturation index and arousal index were also noted. The sensitive and specificity of the SS + group for OSA (defined as AHI ≥5) were 0.77 and 0.52, with positive predictive value and negative predictive value were 0.8 and 0.48. The likelihood ratio was 1.6. On the other hands, the sensitive and specificity of the SS + group for moderate to severe OSA (defined as AHI ≥15) were 0.78 and 0.42. Conclusion In the present study, the symptoms of self-reported snoring of sitting position can be a useful predictor of Chinese OSA patients.