

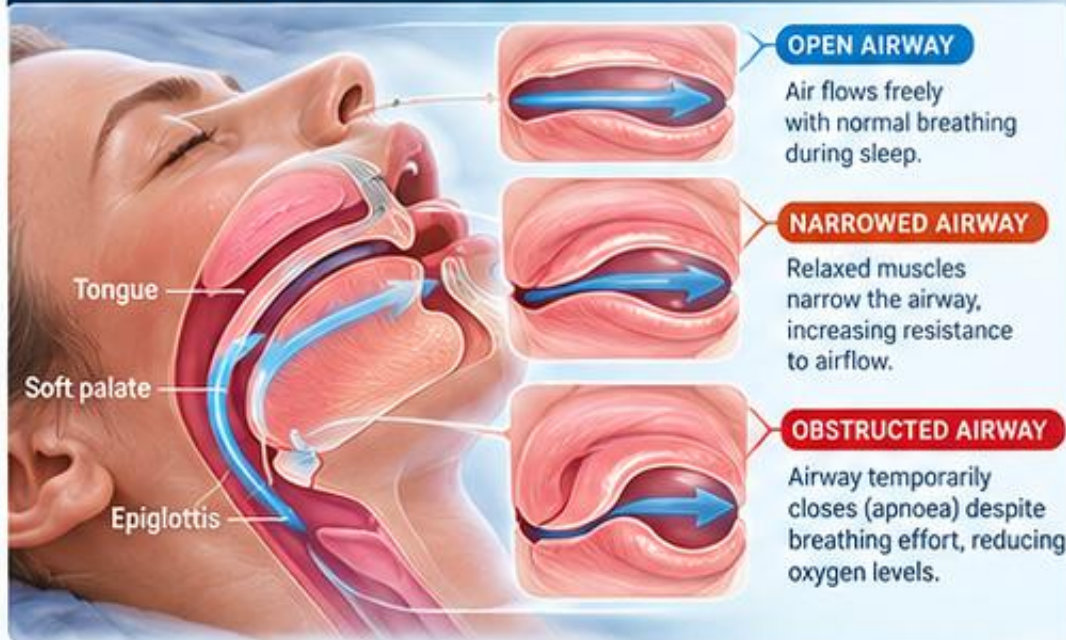
OBSTRUCTIVE SLEEP APNOEA

Better sleep. Better health. A brighter tomorrow.

REST
BREATHE
THRIVE

Obstructive sleep apnoea (OSA) is a common condition where the upper airway repeatedly narrows or closes during sleep, reducing airflow and oxygen levels. With the right diagnosis and personalised treatment, most people experience better sleep, improved daytime function and long-term health benefits.

WHAT HAPPENS DURING SLEEP?



WHY IT MATTERS

-  Fragmented sleep and daytime sleepiness
-  Increased risk of high blood pressure, heart disease and stroke
-  Associated with diabetes and metabolic conditions
-  Reduced memory, concentration and mood
-  Lower quality of life and productivity

COMMON SYMPTOMS



WHO IS AT RISK?

-  Increasing age
-  Higher body weight (especially around neck)
-  Male sex
-  Family history
-  Alcohol (especially evening use)
-  Smoking
-  Certain jaw or airway anatomy
-  Hormonal changes (e.g. menopause)



HOW OSA IS DIAGNOSED

1 ASSESS YOUR SYMPTOMS AND RISK



- Sleep questionnaire (e.g. STOP-BANG)
- Medical history and physical examination
- Consider other sleep or medical conditions

2 SLEEP STUDY (MONITORING)

Home sleep study or in-lab sleep study measures breathing, oxygen levels, heart rate and sleep stages.



-  Airflow
-  Oxygen level (SpO₂)
-  Breathing effort
-  Heart rate
-  Body position
-  Sleep stages

3 RESULTS & SEVERITY (AHI)

Apnoea-Hypopnoea Index (AHI) = average number of breathing interruptions per hour.

Normal	AHI < 5
Mild	AHI 5 – 14
Moderate	AHI 15 – 29
Severe	AHI ≥ 30

Your result is interpreted together with your symptoms, oxygen levels, comorbidities and personal circumstances.

POTENTIAL COMPLICATIONS IF UNTREATED

-  High blood pressure
-  Heart disease and stroke
-  Type 2 diabetes and metabolic issues
-  Daytime sleepiness and accidents
-  Reduced quality of life

TREATMENT GOALS

-  Reduce or eliminate breathing interruptions
-  Improve sleep quality and daytime function
-  Lower cardiovascular and metabolic risk
-  Treat associated conditions
-  Personalised, sustainable care

TREATMENT OPTIONS

The right treatment depends on the severity of your OSA, your symptoms, anatomy and personal preferences. Often a combination of approaches works best.

1 LIFESTYLE AND HABITS



- Weight management
- Regular exercise
- Limit alcohol (especially evening use)
- Avoid sedatives
- Sleep on your side (where appropriate)
- Good sleep hygiene

2 CPAP THERAPY



- Most effective treatment for moderate to severe OSA
- Keeps the airway open with gentle air pressure
- Improves sleep, symptoms and long-term health
- Different mask options for comfort

3 ORAL APPLIANCES



- Custom-made by a trained specialist
- Suitable for mild to moderate OSA or when CPAP is not tolerated
- Keeps the lower jaw slightly forward to open the airway

4 UPPER AIRWAY PROCEDURES



- Selected patients may benefit from procedures to improve airway patency (e.g. nasal, soft palate or jaw surgery)
- Careful assessment by a sleep and airway specialist is essential

5 TREAT ASSOCIATED CONDITIONS



- Nasal blockage or allergies
- Weight and metabolic health
- Reflux (GORD)
- Other sleep disorders (e.g. insomnia, restless legs)

CPAP: HOW IT WORKS



- 1 Gentle air pressure keeps the airway open
- 2 Prevents airway collapse
- 3 Reduces breathing interruptions and oxygen drops
- 4 Improves sleep quality and daytime function

ORAL APPLIANCE: HOW IT WORKS



- 1 Worn during sleep
- 2 Holds the lower jaw slightly forward
- 3 Increases airway space
- 4 Reduces breathing interruptions

OTHER TREATMENT APPROACHES



Positional therapy
Avoiding sleeping on the back



Nasal treatment
Treating nasal blockage (e.g. allergies, deviated septum)



Weight management
Can reduce severity of OSA



Combination therapy
Often the best results when therapies are combined

YOUR SLEEP APNOEA CARE PLAN



Confirm diagnosis
Review your results and discuss options



Choose treatment
Personalised to your needs and lifestyle



Optimise and review
Monitor symptoms, CPAP data and progress



Address related conditions
Treat nasal, weight, reflux and other sleep issues



Ongoing support
Regular follow-up with your sleep specialist

ONGOING MONITORING



Symptom improvement (e.g. daytime sleepiness, energy)



CPAP data download (if using CPAP)



Repeat sleep studies (if needed)



Monitor blood pressure and other health markers



Review treatment and adjust as your needs change



SEEK MEDICAL ADVICE IF YOU HAVE

- Severe daytime sleepiness or falling asleep while driving
- Morning headache, poor concentration or mood changes
- Follow your personalised management plan and contact us

- Chest pain, breathlessness or new neurological symptoms.
- Follow your personalised management plan and contact us for review or if your symptoms are not improving.

