

Sleep Centre



Obstructive Sleep Apnoea

Clinical Sites:



Singapore
General Hospital
SingHealth



Changi
General Hospital
SingHealth



Sengkang
General Hospital
SingHealth

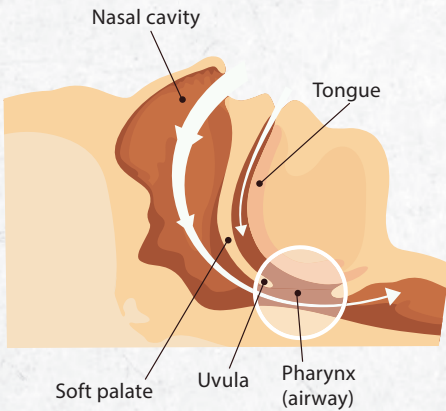


KK Women's and
Children's Hospital
SingHealth

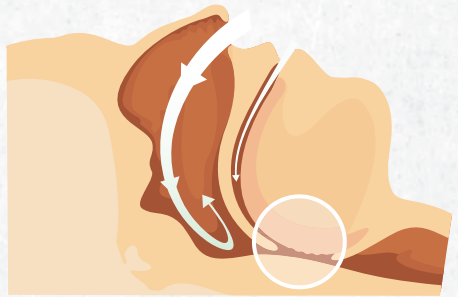
Obstructive Sleep Apnoea (OSA)

OSA is a condition caused by repeated upper airway obstruction during sleep, due to narrowing of the upper airway. It is characterised by snoring and recurrent pauses or reduction in breathing, leading to recurrent dips in blood oxygen levels and sleep disruption.

Upper Airway Anatomy



Open Airway



Obstructed Airway

Who Are at Risk?

Sleep apnoea affects more men than women. It is common in people who are overweight and of the older age group. Certain physical traits also contribute to OSA: large neck, low-lying soft palate, enlarged tonsils and small jaw with receding chin.



Do I Have OSA?

Symptoms of OSA include loud snoring, nighttime breathing pauses and excessive daytime sleepiness despite adequate sleep.

Disrupted sleep can cause morning headaches, frequent nighttime urination, decreased libido, sexual dysfunction, irritability, difficulty with concentration, poor memory and changes in personality. Risk assessment and evaluation with a sleep study is required for diagnosis.

Consequences of Untreated OSA

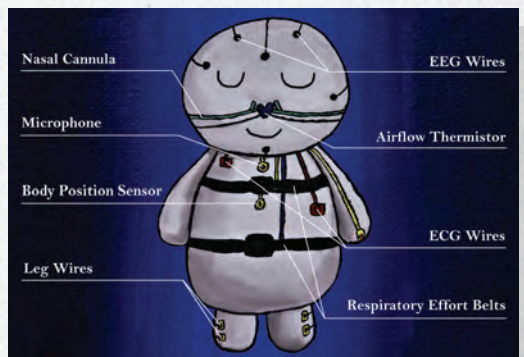
Untreated OSA is associated with a number of health problems including but not limited to hypertension, heart diseases, strokes, diabetes and depression. It is also linked to work and road accidents and poor job and academic performances.

Sleep Study

Sleep studies are necessary for the diagnosis of OSA and other sleep disorders. They are generally divided into in-laboratory and home (ambulatory) sleep studies. Your doctor will advise you regarding the type of sleep study that is most suitable for you.

In-laboratory sleep study

The overnight sleep study is a comprehensive recording of your brain and body activities that occur during sleep. It is performed under the supervision of a trained sleep technologist in a sleep laboratory, usually in a hospital.



Ambulatory Sleep Study

This is a portable sleep test which can be done overnight in the comfort of your own bedroom.

Treatment for OSA

For most patients with significant OSA, continuous positive airway pressure (CPAP) therapy is the first-line treatment option. Other treatment modalities may be used in isolation or in combination. Your sleep specialist will assess the severity of your condition, underlying anatomy, risk factors and other clinical variables before deciding on the best personalised treatment plan for you.

First Line Treatment

CPAP therapy

Continuous positive airway pressure (CPAP) therapy is the gold standard (most effective) treatment for OSA. It delivers gentle air pressure to keep your airway continuously open, allowing you to breathe easily during sleep.



Second Line Treatment

Surgery

Surgery may be an effective way to treat OSA for some patients, especially if you are unable to tolerate the use of CPAP. Surgery can also be done to help you ease into your CPAP usage. There is a range of surgical procedures designed to widen and/or stiffen the upper airway, to prevent airway closure during sleep and improve airflow. Your doctor will advise you on which surgery is suitable for you.



Oral appliance therapy

Oral dental appliances help reposition your lower jaw and tongue to enlarge the upper airway and improve airflow during sleep.

Alternative Therapy

Positional therapy

Some patients can benefit from sleeping sideways to reduce snoring and apnoea episodes. This may be achieved with the aid of special snore belts, pillows or devices to help maintain a lateral sleep posture.

Weight Management

Weight reduction is beneficial if you are overweight. A 5 - 10% weight reduction can improve sleep apnoea. More drastic weight reduction can be achieved with bariatric surgery and may significantly improve or even abolish OSA.

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Singapore General Hospital
SingHealth

Sleep Centre

Outram Community Hospital
SingHealth Tower, Level 3

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Changi General Hospital
SingHealth

Changi Sleep & Assisted Ventilation Centre

Medical Centre, Level 2

Sleep Laboratory

Integrated Building, Level 8, Ward 58




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-  www.cgh.com.sg



Sengkang General Hospital
SingHealth

Sleep Medicine Service - Sleep Diagnostics

Medical Centre, Level 6




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KK Women's and Children's Hospital
SingHealth

Sleep Clinic

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-  6294 4050
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