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Prevalence of Obstructive Sleep Apnoea among College going Students: A Study Protocol

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ABSTRACT

Introduction: Obstructive Sleep Apnoea (OSA) is a sleep disorder defined by partial or complete obstruction of the upper airway during sleeping. Occasional episodes of hypopnoea and/or apnoea are caused by the upper airways collapsing due to the change in airway muscle tone during sleep, which primarily occurs during the inspiratory phase of breathing.

Snoring, sleep problems, and exhaustion during the day are common symptoms. The majorities of OSA patients are obese, at high cardiovascular risk, and have other cardio metabolic co morbidities.

OSA is most commonly treated with Continuous Positive Airway Pressure (CPAP). Other treatments for OSA include positional therapy, aerobic exercise, Orofacial Myofunctional Therapy (OMT), lifestyle modifications, and Transcutaneous Electrical Nerve Stimulation (TENS).

Need for this study: This simple and user-friendly tool aims to effectively evaluate individuals who could be at risk for OSA. It offers a rapid and accurate way to find people who can benefit from additional assessment or intervention.

Aim: The aim of the study is to assess the prevalence of OSA among overweight college going students using STOP-BANG questionnaire.

Materials and Methods: Students from university having Body Mass Index (BMI) more than 25 kg will be participating in this study. The STOP-BANG questionnaire will be used as the outcome measure. Those who meet the inclusion criteria will be given OMT, TENS, aerobic exercise, positional therapy, CPAP, and lifestyle change.

Keywords: Continuous positive airway pressure, Partial obstruction, Transcutaneous electrical nerve stimulation.