

Special Issue

Innovations and New Technologies in Obstructive Sleep Apnea and Snoring in the Era of Precision Medicine

Message from the Guest Editors

Obstructive sleep apnea (OSA) is the most common form of sleep-disordered breathing and is characterised by recurrent episodes of complete or partial upper airway obstruction during sleep, resulting in oxygen desaturation, autonomic dysfunction, and sleep fragmentation. If untreated, OSA may cause excessive daytime sleepiness, hypertension, type 2 diabetes, cerebrovascular incidents, and even sudden cardiac death. Although OSA is very common, it is a frequently unrecognised cause of serious disability with serious health and social consequences. Currently, OSA can be diagnosed with several methods from laboratory-based to home sleep testing. This Special Issue of *Healthcare* is dedicated to offering an overview of these innovations. Topics of interest include (1) new diagnostic tools for screening, (2) telemedicine and mHealth, (3) new intrapharyngeal and hypopharyngeal surgical procedures, (4) surgical and non-surgical treatment of nasal obstruction in OSA patients, (5) myofunctional and rehabilitation therapy, (6) electrical stimulation devices, and (7) international research networks.

Guest Editors

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About the Journal

Message from the Editor-in-Chief

Healthcare is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with Healthcare and its members receive discounts on article processing charges.

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