

Special Issue

Clinical Advances in Obstructive Sleep Apnea

Message from the Guest Editor

Sleep-disordered breathing (SDB), insomnia, and cognitive decline increase with aging. Repeated episodes of end-apneic arousal or hypoxia and consequent sleep fragmentation are associated with increased nocturnal blood pressure, possibly leading to sustained hypertension and atherosclerosis. The relationship between blood pressure levels and cognitive function differs across the lifespan. Hypertension and SDB may negatively affect cognitive function. The proper management of hypertension and SDB is important in mid- and late-life.

Guest Editor

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