

## Special Issue

# Insights into Obstructive Sleep Apnea

### Message from the Guest Editor

This Special Issue focuses on Obstructive Sleep Apnea (OSA), a prevalent and chronic disorder characterized by repetitive apneas and hypopneas during sleep. It is associated with increased morbidity and mortality and is considered a potential etiological factor for cardiometabolic diseases such as hypertension, diabetes mellitus, stroke, insulin resistance. Diagnosing OSA is complex, requiring overnight sleep monitoring through polysomnography (PSG). However, PSG alone may not fully demonstrate individual susceptibility to systemic effects. Thus, the inclusion of biomarkers and vascular parameters can improve prognosis prediction and treatment response. Various treatment options for OSAS, including continuous positive airway pressure (CPAP), mandibular advancement devices, upper airway (UA) surgery, and hypoglossal nerve stimulation. Identifying clinical phenotypes and predictive factors is vital to enable personalized treatment for this complex condition. This Special Issue aims to highlight the recent advances and new perspectives on OSA diagnosis, personalized treatment strategies, and patient follow-up.

### Guest Editor

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### Deadline for manuscript submissions

closed (23 February 2024)



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