

Special Issue

Current Trends in Obstructive Sleep Apnea

Message from the Guest Editor

This Special Issue focuses on Obstructive Sleep Apnea (OSA), a chronic disorder characterized by repetitive apneas and hypopneas during sleep, linked to cardiometabolic diseases such as hypertension, diabetes, stroke, and atrial fibrillation. While polysomnography (PSG) is central to diagnosis, it may not fully reflect individual susceptibility to systemic effects. Biomarkers and vascular parameters can enhance prognosis and treatment response, with serum and salivary biomarkers showing promise in monitoring disease severity. OSA treatments, including CPAP, mandibular advancement devices, upper airway surgery, and hypoglossal nerve stimulation, mainly address impaired airway anatomy. However, CPAP compliance is low, and gaps remain in developing targeted therapies. Identifying clinical phenotypes and predictive factors is crucial for advancing personalized care. This Special Issue welcomes research on phenotypes, predictive factors, and innovative diagnostic and treatment strategies to improve the management and outcomes of patients with OSA.

Guest Editor

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