

## Special Issue

# Update on Obstructive Sleep Apnea (OSA)

### Message from the Guest Editor

Obstructive sleep apnea (OSA) is the most common form of sleep-disordered breathing and is characterized by recurrent episodes of complete or partial upper airway obstruction during sleep, resulting in oxygen desaturation, autonomic dysfunction etc. It can affect both children and adults, and the main clinical symptoms include loud snoring, witnessed apneas and breathing difficulties during sleep. Although OSA is common, it is a frequently unrecognized cause of serious disability with serious health and social consequences. If untreated, OSA may cause impaired cognitive ability, road traffic accidents, cardiovascular morbidity and all-cause mortality.

Various therapeutic options for OSA exist. CPAP is the standard treatment for adult OSA, although its clinical application can be compromised by intolerance and poor compliance, while adenotonsillectomy is the primary treatment option for children with OSA and adenotonsillar hypertrophy.

We encourage authors to submit original or review articles on related topics in the field of sleep apnea.

---

### Guest Editor

Dr. Konstantinos Chaidas

Ear, Nose, and Throat Department, University Hospital of Alexandroupolis, School of Medicine, Democritus University of Thrace, Alexandroupolis, Greece

---

### Deadline for manuscript submissions

closed (30 November 2025)



## Life

---

an Open Access Journal  
by MDPI

---

Impact Factor 3.4  
CiteScore 6.0  
Indexed in PubMed



[mdpi.com/si/235148](https://mdpi.com/si/235148)

*Life*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[life@mdpi.com](mailto:life@mdpi.com)

[mdpi.com/journal/  
life](https://mdpi.com/journal/life)





# Life

---

an Open Access Journal  
by MDPI

---

Impact Factor 3.4  
CiteScore 6.0  
Indexed in PubMed



[mdpi.com/journal/  
life](https://mdpi.com/journal/life)



## About the Journal

### Message from the Editor-in-Chief

*Life* (ISSN 2075-1729) is an international, peer-reviewed open access journal that publishes scientific studies related to fundamental themes in life sciences. Some papers are published individually, while others are submitted for inclusion in special issues with guest editors. You are invited to contribute a research article, essay, or a review to be considered for publication.

---

### Editor-in-Chief

Prof. Dr. Lluís Ribas de Pouplana

Institute for Research in Biomedicine (IRB Barcelona), The Barcelona  
Institute of Science and Technology, 08028 Barcelona, Spain

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, PMC, CAPIus / SciFinder, and other databases.

#### Journal Rank:

JCR - Q1 (Biology) / CiteScore - Q1 (Paleontology)