

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

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