

Special Issue

Obstructive Sleep Apnea: Current Knowledge and Future Perspectives

Message from the Guest Editors

Obstructive sleep apnoea (OSA) is a major challenge for physicians and healthcare systems since the obesity pandemic is continually increasing. OSA is a common disease, being a result of repeated upper airway collapse during sleep, with disturbances of central regulation and arousal threshold with intermittent hypoxia. These patients have associated comorbidities such as cardiovascular diseases (systemic hypertension, coronary artery disease, arrhythmias and stroke), cerebrovascular disease, respiratory diseases (COPD, asthma) and metabolic disorders (diabetes mellitus, dyslipidaemias, gout) which increase the risk of worse prognosis. Interestingly, OSA probably has the highest risk among diseases to be associated with motor vehicle accidents, with a great impact on hospital admission and with high costs. Based on symptoms and comorbidities, but also on the anatomy and pathophysiology of OSA, the clinical and pathophysiological phenotypes of OSA which are involved in personalized treatment can be differentiated.

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