OSAS in elderly – differences in clinical and polysomnography findings

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Introduction

Obstructive sleep apnea syndrome (OSAS) is characterized by complete or partial upper airways collapse repeatedly during sleep. It is a common problem which can reduce quality of life of elderly people. The affected patients are exposed for many clinical effects. Polysomnography (PSG) is considered as the gold standard in OSAS diagnosis.

Aim of study

The aim of the study was to investigate correlation between the age, clinical variables and polysomnography findings.

Material and methods

We performed the retrospective study included 1007 patients from Sleep and Respiratory Disorders Centre. We analyzed medical charts and polysomnography outcomes.

Results

Patients were divided into 2 groups in accordance to age: 686 patients over 65 years old and 321 patients below 65 years old. Total sleep time (TST) was significantly shorter among younger patients: 4.30 hours vs 5.89 ($p<0.0001$), as well as REM 1.0 (0.66-1.38) vs 0.77 (0.4-1.11) $p<0.0001$ and arousal index 21.59 (13-35.18) vs 27.05 (14.75-43.03) $p<0.0001$. BMI among patients under 65 years old was significantly higher (32.46) compare to the patients over 65 years old (29.04), with $p<0.0001$. There was no differences among history of hypertension among study groups below 65 (84,4%) and over 65 (79,44%; $p<0.06$), interestingly, there were significant differences between diastolic blood pressure 90 (80-100) vs 80 (70-90) respectively with $p<0.001$.

Conclusion

The age is a risk factor of developing OSAS. Elder patients are in a higher risk of developing more severe OSAS, while the BMI which is consider as a main risk factor of OSAS is significantly lower among study group.