A Wake-Up Call: Improving Recognition and Management of Excessive Daytime Sleepiness in Patients with Obstructive Sleep Apnea

Case-Based Discussion #1 References

Bughin F, Desplan M, Mestejanot C, et al. Effects of an individualized exercise training program on severity markers of obstructive sleep apnea syndrome: a randomised controlled trial. *Sleep Medicine*. 2020;70:33-42.

Centers for Disease Control. Drowsy Driving.

https://www.cdc.gov/sleep/about_sleep/drowsy_driving.html. Published 2017. Accessed 1/10/2021.

Division of Sleep Medicine at Harvard Medical School and WGBH Educational Foundation. Sleep, Performance, and Public Safety.

https://healthysleep.med.harvard.edu/healthy/matters/consequences/sleep-performance-and-public-safety.

Hall KA, Singh M, Mukherjee S, Palmer LJ. Physical activity is associated with reduced prevalence of self-reported obstructive sleep apnea in a large, general population cohort study. *J Clin Sleep Med*. 2020;16(7):1179-1187.

Iftikhar IH, Kline CE, Youngstedt SD. Effects of exercise training on sleep apnea: a meta-analysis. *Lung.* 2014;192(1):175-184.

Insurance Information Institute. Facts + Statistics: Drowsy driving. https://www.iii.org/fact-statistic/facts-statistics-drowsy-driving. Accessed.

Lal C, Weaver TE, Bae CJ, Strohl KP. Excessive Daytime Sleepiness in Obstructive Sleep Apnea. Mechanisms and Clinical Management. *Ann Am Thorac Soc.* 2021;18(5):757-768.

Lee-Iannotti JK, Parish JM. Exercise as a treatment for sleep apnea. *J Clin Sleep Med.* 2020;16(7):1005-1006.

National Safety Council. Drivers are Falling Asleep Behind the Wheel. https://www.nsc.org/road/safety-topics/fatigued-driver. Accessed January 11, 2022.

Rosenberg R, Schweitzer PK, Steier J, Pepin J-L. Residual excessive daytime sleepiness in patients treated for obstructive sleep apnea: guidance for assessment, diagnosis, and management. *Postgraduate Medicine*. 2021:1-12.

Rosekind MR, Gregory KB, Mallis MM, Brandt SL, Seal B, Lerner D. The cost of poor sleep: workplace productivity loss and associated costs. *J Occup Environ Med.* 2010;52(1):91-98.

Sahni AS, Carlucci M, Malik M, Prasad B. Management Of Excessive Sleepiness In Patients With Narcolepsy And OSA: Current Challenges And Future Prospects. *Nat Sci Sleep.* 2019;11:241-252.

Schwartz JR. Pharmacologic management of daytime sleepiness. *J Clin Psychiatry*. 2004;65 Suppl 16:46-49.

Glossary

&, and

AEs, adverse events

AHI, apnea hypoxia index

BMI, body mass index

Bf, before

CPAP, continuous positive airway pressure therapy

CV, cardiovascular

D, day

EDS, excessive daytime sleepiness

ENT, ear, nose, throat

ESS, Epworth sleepiness scale

H, hour

HTN, hypertension

IH, idiopathic hypersomnia

Kg, kilogram

OSA, obstructive sleep apnea

Pt(s), patients(s)

RDI, respiratory disturbance index

QOL, quality of life

T2DM, type 2 diabetes

Tx(s), treatment(s)

w/, with

w/o, without

WFH, work from home

Wk, week

Y, year

Yo, year old