

Severe sleep apnea during REM sleep tied to acute CV events

March 8 2018



(HealthDay)—Severe obstructive sleep apnea (OSA) that occurs during

REM sleep is associated with recurrent cardiovascular events in those with pre-existing cardiovascular disease, according to a study published in the March 1 issue of the *American Journal of Respiratory and Critical Care Medicine*.

R. Nisha Aurora, M.D., from Johns Hopkins University in Baltimore, and colleagues examined the association between OSA during REM sleep and a composite cardiovascular end point over an average of 9.5 years of follow-up in participants of the Sleep Heart Health Study with and without prevalent cardiovascular disease. Only those with a non-REM apnea-hypopnea index (AHI) of

Citation: Severe sleep apnea during REM sleep tied to acute CV events (2018, March 8)
retrieved 19 November 2023 from

<https://medicalxpress.com/news/2018-03-severe-apnea-rem-tied-acute.html>

<p>This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.</p>
--