

# Patients with diabetes at increased risk for sleep apnea

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being overweight or obese, [heart failure](#), [ischemic heart disease](#), atrial fibrillation, hypertension, and depression.

"When considered alongside previous evidence, this study indicates that the association between type 2 diabetes and OSA is bidirectional," the authors write.

**More information:** [Abstract/Full Text](#) ([subscription or payment may be required](#))

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(HealthDay)—Patients with type 2 diabetes are at increased risk for developing obstructive sleep apnea (OSA), independent of other factors, according to a study published online March 12 in *Diabetes Care*.

Anuradhaa Subramanian, from the University of Birmingham in the United Kingdom, and colleagues used data from the The Health Improvement Network to compare OSA incidence between [adult patients](#) with and without type 2 diabetes matched for age, sex, and body mass index.

The researchers noted 3,110 incident OSA cases among patients with diabetes (0.88 percent) and 5,968 incident OSA cases in the unexposed patient cohort (0.46 percent). The adjusted incidence rate ratio was 1.48 for OSA in patients with type 2 diabetes versus those without. Significant predictors of OSA in patients with type 2 diabetes were diabetes-related foot disease, being prescribed insulin in the last 60 days, male sex,

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