

Bio 212: Pre-lecture Quiz 7: Respiratory Dysfunction II

1. What is sleep apnea?

Cessation or decrease in ventilatory effort during sleep and usually associated with oxygen desaturation

2. What happens to muscle tone during sleep?

All skeletal muscles except the diaphragm undergo a decrease in tone during sleep and most pronounced during REM sleep. The loss of muscle tone in the upper airways predisposes to airway obstruction as the negative airway pressure produced by contraction of the diaphragm brings vocal cords together, collapses the pharyngeal wall, and sucks the tongue back into the throat.

3. What etiologies are associated with obstructive sleep apnea?

Males, increasing age, positive family history, obesity, alcohol/drug use, large neck girth, specific endocrine disorders

4. What are the manifestations of obstructive sleep apnea?

Excessive daytime sleepiness, noisy snoring, observed apnea, abnormal movements in sleep, morning headaches, cognitive/personality changes, sexual impotence, systemic hypertension, pulmonary hypertension, polycythemia

5. How is sleep apnea treated?

Weight loss, eliminating alcohol and sedatives at night, proper bed positioning, oral/dental appliances, NCPAP, surgical procedures