

Summery:

Obstructive sleep apnea is a condition defined by repetitive episodes of cessation or reduction of airflow during sleep, associated with arousals from sleep due to complete obstruction of the upper airway.

Obstructive sleep apnea (OSA) syndrome is a relatively common but fatal disorder affecting 24% percent of healthy middle aged men and 9% of healthy middle aged women have evidence of obstructive sleep apnea. However 4% of the adult male and 2% of female are symptomatic and have the syndrome

The upper air way formed by the nose, mouth, the pharynx and the larynx each of these areas has different pathologies that can produce obstructive sleep apnea syndrome.

Obstructive sleep apnea is a complex disease whose etiology is multifactorial. any condition causing narrowing of the upper respiratory tract may lead to obstructive sleep apnea as nasal turbinate hypertrophy , nasopharyngeal adenoidal hypertrophy , elongated or thickened palate or uvula , macroglossia , laryngomalacia . Functional disorder as hypotonia of pharyngeal muscles by long use of sedatives, alcohol may also cause obstructive apnea during sleep.