Background

• Sleep disorders and troubles increase with age.
• 50% of adults older than 65 have some chronic sleep related complaints.
• The prevalence of comorbidities increases with age.

Material & Methods

• Patients from the SSMC (N=2995)
• PSG and PG recordings
• Sleep history (STOP, ESS, PSQI)
• Medical history
• Analysis by age

Results

• Severity of OSA increased with age (r=0.17, p<0.001).
• The prevalence of all comorbidities increased with age in OSA patients, both in men and women.
• The prevalence of hypertension and DM2 was similar in men and women with OSA (45.13 vs. 47.99%, and 14.88 vs. 12.84%, p=0.05)
• The prevalence of depression (10.74 vs. 15.05%) and GERB (26.96 vs. 33.98%) were higher in women with OSA (p<0.05).

• OSA is associated with ageing.
• The prevalence of hypertension and DM2 increases with age in OSA patients.
• The prevalence of GERB and depression increases with age in OSA patients.

Conclusion

• Untreated sleep apnea puts a person at risk for cardiovascular disease and metabolic disturbances, which increases significantly during ageing.