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Diagnosing sleep apnoea

Sleep apnoea, i.e. obstructive sleep apnoea syndrome, is the most common sleep breathing disorder, characterised by constriction or closure of the upper airways, pauses in breathing during sleep, often accompanied by a decrease in blood oxygen saturation and sleep disorders.

Sleep apnoea is caused by a constriction or closure of airways due to a collapse of tissue in the pharynx region. Sleep becomes light and a person may wake up repeatedly during the night. When the airways are closed, oxygen supply to the organism is disturbed and therefore, heart rate and blood pressure compensatorily rise. Sleep apnoea is more common in overweight people.

A person with disturbed sleep is not well-rested, their ability to work diminishes, and various ailments emerge.

Sleep studies are performed in home environments, the patient will take a device home with them. Beforehand, a nurse will provide specific guidelines on how to perform the study. The study assesses pauses in breathing per one hour of sleep, accompanied by a decrease in blood oxygen saturation and sleep disorders. Sleep apnoea is diagnosed based on a complex study, during which the function of the lungs and the heart during sleep is monitored. Using the data recorded on the device, the physician will analyse blood oxygen levels during sleep, heart rate, frequency of apnoea episodes and snoring.