

ASSESSMENT OF SLEEP BREATHING DISORDERS IN PREGNANT WOMEN WITH THE APNEALINK AIR DEVICE.

V. Konstanty-Kurkiewicz¹, E. Dzięciołowska-Baran², J. Szczurowski³ and

A. Gawlikowska-Sroka²

¹Department of Obstetrics and Gynaecology, Pomeranian Medical University in Szczecin, Poland.

²Department of Anatomy, Pomeranian Medical University, Al. Powstanców Wlk.72, 70-111 Szczecin, Poland, gawlikow@pum.edu.pl

³Department of Anthropology, Wrocław University of Environmental and Life Sciences, Poland

The percentage of women suffering from an obstructive sleep apnea varies between - in reproductive age in pregnancy and up to in menopause It is estimated that about of pregnant women in the second and third trimester of pregnancy suffer from sleep-related breathing disorders This percentage increases significantly in the group of women with preeclampsia and in pregnancies complicated by intrauterine growth retardation p The aim of the study was to assess respiratory disorders during sleep in order to identify patients requiring special obstetric care p The study included patients of the Department of Obstetrics and Gynaecology and its Outpatient Clinic of the Independent Public Clinical Hospital No in Szczecin Before the start of the study a conversation with women took place to highlight the problem of sleep disturbance in pregnancy and to present the method of a research In the first part of research the Epworth Sleepiness Survey and the Snoring Questionnaire were conducted Next in the selected group occurrence of respiratory disorders during sleep were checked with the help of the Apnealink air kit p Analysis of data from the patients questionnaire showed that of pregnant patients reported the occurrence of breathing disorders during sleep Women with breathing disorders during sleep have a significantly higher average BMI in relation to patients without symptoms The ApneaLink air examinations selected three cases of patients with risk of obstructive sleep disorders syndrome p ApneaLink air examination is an easy method for estimation a risk of presence of obstructive sleep disorders