STUDY DESIGN

Prospective community-based cohort study (n=1,956) evaluating OSA, excessive daytime sleepiness (EDS), and incidence of coronary artery calcium (CAC) scores on CT scan.

Measured at baseline and follow-up.

RESULTS

In 1,247 patients with mean follow-up 5.1 y, significant association between OSA and subclinical atherosclerosis (OR = 1.26; 95% CI, 1.06-1.48) effects among those with OSA + EDS (OR = 1.66; 95% CI, 1.30-2.12)

In 319 with CAC progression, a positive association for both OSA (β = 1.08; 95% CI, 0.03-2.14) OSA with EDS (β = 1.65; 95% CI, 0.21-3.09)

OSA, particularly with EDS, predicts the incidence and progression of CAC over 5-year follow-up.