

Is There an Association Between Exertional Dyspnea and OSA?

STUDY DESIGN

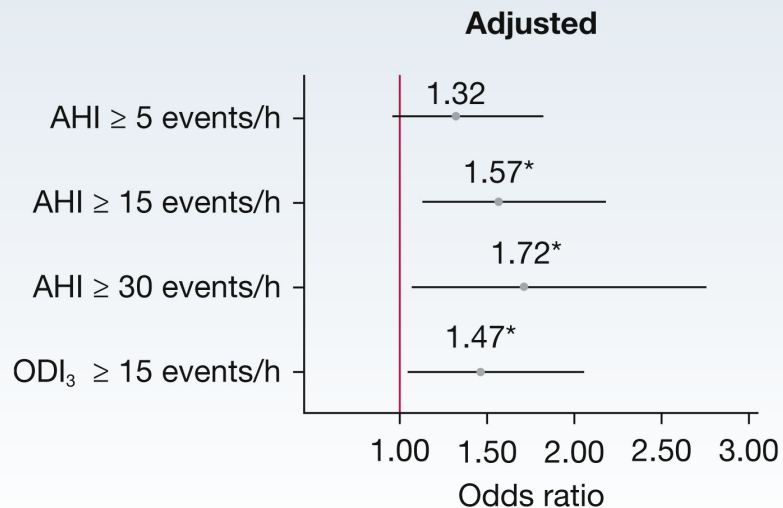
Analyzed data from a prospective cohort study of a general urban population

Included 1,200 participants, 515 (42.9%) of whom reported exertional dyspnea

Compared self-reported dyspnea and sleep study findings

RESULTS

Exertional Dyspnea by AHI Cutoffs



Dyspnea also associated with:

Respiratory Arousal Index

Apnea-Hypopnea Index (AHI)

Respiratory Disturbance Index

Oxygen Desaturation Index 3% (ODI₃)

Autonomic Reactivity Parameters

The findings of this study suggest that exertional dyspnea is associated with moderate and severe OSA and with several polysomnographic measures.