

## **EPIDEMIOLOGY OF SNORING AND OBSTRUCTIVE SLEEP APNEA IN PREGNANCY**

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Sleep related disorders of breathing (SRDB) in terms of snoring and obstructive sleep apnea (OSA) are common in postmenopausal women. But also in the premenopausal period OSA has a frequency of more than 2 %. Some physiological changes during pregnancy may support the appearance of SDRB. Younger women with sleep apnea, however, very often do not suffer from typical symptoms of SDRB. Therefore screening questionnaires for SDRB are not suitable for the detection of sleep apnea in younger women and notably during pregnancy. The prevalence rate of SDRB in pregnancy varies dependent on definitions, methods and the investigated population. In young women with normal weight snoring and OSA are rather seldom at the beginning of pregnancy. Overweight and older age are crucial risk factors for snoring and OSA at the beginning of pregnancy and for the increase of frequency during pregnancy. In the 3rd trimenon the frequency of SDRB increases up to 10-30 %. SDRB are supposed to have both a negative impact on morbidity and mortality of the mother and on the fetal outcome.