

**PEOPLE WITH SLEEP-DISORDERED BREATHING AND THEIR DECLARED PHYSICAL ACTIVITY.**

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Polysomnography, a gold standard for the diagnosis of sleep-disordered breathing is a complex investigation requiring access to the sleep laboratory. Therefore, sleep disordered breathing is often underdiagnosed. ApneaLink Air (ResMed, Warsaw, Poland) is a recently introduced device that enables the diagnosis of breathing disorders at patient's home, The aim of this paper was to present the utility of this device in the diagnosis of sleep apnea (SA) and to assess the comfort and simplicity of its use from the patient perspective. The study included 68 patients (21 women and 47 men) who were examined with ApneaLink Air device to diagnose the underlying reason of reported nighttime snoring and decreased or interrupted breathing pattern. The apnea-hypopnea index, frequency of snoring, and heart rate were quantified. These data were combined with body mass index (BMI), age, and other characteristics. SA was diagnosed in 37 patients: 22 had mild, 4 had moderate, and 11 patients had severe SA. All cases of severe SA were present in men, although female patients were significantly older than male patients. The patients with severe SA had significantly higher mean heart rate and BMI than those from the other groups. All of the patients pointed to the comfort and ease of the device. We conclude that ApneaLink Air device helps diagnose sleep disordered breathing in a more comfortable and less stressful home environment than that of the hospital-linked polysomnography laboratory. It is a cost-effective diagnostic tool which enables a prompt implementation of treatment.