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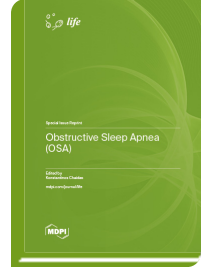
## **Obstructive Sleep Apnea (OSA)**

[www.mdpi.com/books/reprint/10225](http://www.mdpi.com/books/reprint/10225)

Edited by  
Konstantinos Chaidas

ISBN 978-3-7258-2648-3 (Hardback)

ISBN 978-3-7258-2647-6 (PDF)



Obstructive sleep apnea (OSA) is the most common form of sleep-disordered breathing and is characterized by recurrent episodes of complete or partial upper airway obstruction during sleep, resulting in oxygen desaturation, autonomic dysfunction, and sleep fragmentation. It can affect both children and adults, and the main clinical symptoms include loud snoring, noticeable apneas, and breathing difficulties during sleep. Overnight polysomnography is the gold-standard method for diagnosing OSA. Although OSA is common, it is a frequently unrecognized cause of serious disabilities that have serious health and social consequences. If untreated, OSA may cause impaired cognitive ability, road traffic accidents, cardiovascular morbidity, and all-cause mortality.

Various therapeutic options exist. CPAP is the standard treatment for adult OSA, although its clinical application can be compromised by intolerance and poor compliance, while adenotonsillectomy is the primary treatment option for children with OSA and adenotonsillar hypertrophy.

This Special Issue entitled "Obstructive Sleep Apnea (OSA)" offers further insights into the pathophysiology, diagnostic assessment, and management of patients with OSA and highlights the importance of continuous research in this field.



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