

SYNDROME OF NIGHT APNEA AND IT'S ROLE IN DEVELOPMENT AND PROGRESS OF CARDIO-VASCULAR DISEASES

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Summary

Article contains definition, diagnostic criteria of syndrome of night apnea (SNA) according modern international classification of sleep disorders, symptoms and manifestations, epidemiology, pathophysiological mechanisms of SNA. Analyzed questions as to the links of SNA and cardio-vascular diseases. Accordind results of Wiscounsins Sleep Cohort Study, SNA is a predictor of the development of cardio-vascular diseases. In patients with normal figures of arterial pressure (AP) during 4 years of investigation raise of severity of SNA was independently bonded with risk of the development of arterial hypertension (AH). Patients with insignificant sleep disturbances have on 42 % higher risk of AH vs persons with no sleep violations. Adduced data of other studies, that showed linear dependence of AH level and respiratory disturbances index, interrelation of SNA and AH. Viewed questions as to the connection of SNA and cardiac insufficiency, SNA and disorder of heart rhythm. Presented information about correlation of SNA and pathologic changes in blood biochemistry; dyslipidemia is one of the most frequent pathology in patients with SNA, viewed links, which combine SNA and metabolic syndrome, SNA and inflammation and immune response.