

7.08 Using Epworth Sleepiness Scores To Determine If REM-Predominant Obstructive Sleep Apnoea Patients Experience Less Daytime Sleepiness Than Non-REM Obstructive Sleep Apnoea Patients.

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Background: The Epworth Sleepiness Score (ESS) assesses daytime sleepiness. Obstructive Sleep Apnea (OSA) is defined as recurrent upper airway obstruction, significant enough to cause sleep fragmentation and daytime sleepiness. OSA can occur in Rapid Eye Movement (REM) and non-REM (NREM) sleep stages. However, due to chemical changes in the neurotransmission pathways of motor neurons in the upper airway, REM sleep provides a greater propensity for upper airway collapse. The aim of this study is to determine if REM-predominant OSA patients experience less daytime sleepiness than NREM OSA patients. **Methods:** The study included 120 patients: 60 REM-predominant OSA and 60 NREM OSA, with similar apnea-hypopnea-index (AHI) values. A two-tailed t-test was used to determine if REM-predominant OSA patients are less sleepy (using ESS) than NREM OSA patients. **Results:** Following analysis of Polysomnography reports and medical records, 100 patients met inclusion criteria for this study. The t-test indicates no statistical significance in sleepiness symptoms of REM-predominant and NREM OSA patients. **Conclusions:** This study demonstrated that REM-predominant and NREM OSA patients experience minor variations in levels of daytime sleepiness. **Keywords:** Epworth, sleepiness, OSA, REM-predominant OSA. **Disclosures: Conflicts of Interest:** The authors declare that they have no conflict of interest.