

Snoring and obstructive sleep apnoea syndrome among hypertensive Nigerians: Prevalence and clinical correlates

Adeseye Abiodun Akintunde¹, Oluyomi Oluseun Okunola¹, Rotimi Oluyombo¹, Yussuf Olatunji Oladosu¹,
Oladimeji George Opadijo¹

¹Department of Medicine, LAUTECH Teaching Hospital, Osogbo, Nigeria

&Corresponding author

AA Akintunde, Department of Medicine, Lautech Teaching Hospital, P.O. Box 3238, Osogbo, Nigeria

Background

Obstructive sleep apnoea (OSA) syndrome is a common disorder in the community. Association between hypertension and sleep apnoea and /or snoring has been described. The Berlin questionnaire is a validated instrument that is used to identify individuals who are at risk for OSA. The study aim to describe the prevalence of snoring and OSA among hypertensive subjects in South Western, Nigeria.

Methods

This was a descriptive study conducted at the Cardiology clinic of Ladoke Akintola University of Technology LAUTECH Teaching Hospital, Osogbo, South West Nigeria. One hundred consecutive hypertensive patients were recruited from the clinic. The Berlin questionnaire and the Epworth sleepiness scale (ESS) were used to determine excessive daytime sleepiness and the risk of having OSA. Statistical analysis was done using SPSS 16.0. Data were summarized as means \pm S.D and percentages.

Results

The study participants consisted of 40 males (40.0%). The demographic data were similar between both genders except that females had higher mean body mass index than males. The prevalence of snoring was 50.0%. 52% were categorized as being at high risk of having OSA. Snorers were more likely to be older, males and to have a higher fasting blood sugar than non-snorers.96% of snorers reported excessive daytime somnolence as predicted by the ESS score compared to 4% of non snorers. Prevalence of snoring was also higher among overweight and obese hypertensive subjects than normal body mass index hypertensive subjects.