

Sleep-related breathing disorders

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Assessment of a sleep disorders in pregnant women.

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The proportion of women suffering from an obstructive sleep apnea (OBS) varies between 5-7% in a reproductive age, 14% in a pregnancy and about 10% in a menopause. It is estimated, that about 24% of pregnant women in the second and third trimester suffer from sleep-related respiratory disorders. Isolated snoring during pregnancy may not mean a significant pathology, but sleep apnea episodes can affect the development of the fetus. Sleep apnea in a pregnant woman remains the most often unrecognized problem, unless a close-up person observes it. The purpose of the study was to assess the frequency and nature of sleep apnea in the study group. The survey was conducted in 50 pregnant women under the care of PUM Pregnancy Pathology Clinic in Szczecin. Prior to the study, an interview was conducted to explain the problems of sleep disorder in pregnancy. Of the all women taking part in the study, 25% reported problems with snoring. This disorder was more common in patients with higher BMI. In 10% of patients the disorder was observed before pregnancy, in other cases snoring appeared during pregnancy. According to the recent research, snoring increases the risk of low Apgar score and low birth weight among newborns. Snoring women are twice as likely to be diagnosed with pre-eclampsia compared to the group of women whose pregnancy is occurring correctly. Our research has allowed us to isolate from the research group pregnant women with sleep disorders and include additional preventive measures to prevent premature birth.