

## **A Review-Obstructive Sleep Apnea**

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### **ABSTRACT:**

Obstructive sleep apnea (OSA) is characterized by recurrent episodes of partial or complete collapse of the upper airway during sleep, resulting in reduced or absent airflow lasting for at least 10 seconds and associated with either cortical arousal or a fall in blood oxygen saturation. OSA is associated with major comorbidities including daytime somnolence, impaired cognition, poor quality of life. OSA is an independent risk factor for a variety of cardiovascular diseases such as hypertension, atrial fibrillation, etc. Specialized diagnostic modalities include CBCT, CT, MRI, cephalometry. The gold standard is polysomnography. Management include behavioral modification, weight loss, medication, continuous positive airway pressure, oral appliance therapy, and surgical procedures. This article briefly describes the pathophysiology and its effects on the day to day life, various diagnostic modalities and management of OSA.

**KEY WORDS:** Lasers, Dentistry, laser efficiency, patient care, laser application