

수면호흡장애(총론)

노 환 중

Sleep Disordered Breathing

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가

수면호흡장애의 개요

(sleep disordered breathing, SDB)

가

10

LAUP가

LAUP

수면호흡장애(SDB) 역사와 용어의 정의

1965 Gastaut

wickian Syndrome”

1972

Guilleminault

2-5)

“ ” 가

가

가

6-10)

가

가

가

1993 Guilleminault

“ ” ³¹⁾ Ame-

rican Association of Sleep Medicine(AASM)

respiratory effort related arousal(RERA)

³⁷⁾

10

: , 602 - 739

1

가 10

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가

(apnea index, AI)

5 .¹¹⁾ 1990 단순 코골이(Simple snoring)

Gould (hypopnea)) 가

RDI(respiratory disturbance index) , 가

(apnea - hypopnea index, Flow

AHI)가 .

limitation 2005 AASM RDI 상기도저항증후군(Upper airway resistance syndrome, UARES)

AHI+RERA . RDI AHI

가 . AASM Task Force AHI가 가 (negative peak

15~30 (moderate) , end) 가 (arousal)

AHI가 30 (severe)

¹²⁾ 가 ,

수면호흡장애의 유병률

40~60%

¹³⁾¹⁴⁾ 가

Young 30~60 AHI가 5 (fragmentation)

24%, 9% , 가

4% 2% .¹⁵⁾ 가 ³³⁾

40 60 가 가

¹⁶⁾ BMI가 29 BMI가 25 가

가 8~12 ³²⁾³⁴⁾ 가

가 ¹⁷⁾¹⁸⁾ 가 ³⁶⁾

¹⁹⁻²³⁾ RDI , flow limitation 가 (RERA)

가 ³⁷⁾ cephalometry

³¹⁾

: ()

가

가 가

가 . UARS (laryngeal sp-
35)38 - 40) Silverberg Oksenberg OSAS asm) . 66% .²⁶⁾

30~40%가

30~75% 가

.⁴³⁾

.²⁴⁾²⁵⁾

CPAP

. Rauscher RDI가 5 . (excessive daytime sleepiness)

가 20±10/hr CPAP

19% 6

73%

Powell

plasty)

14

UARS

7

mild

OSA

가

.⁴²⁾

UARS

가

(confusion) 가

.²⁶⁾

폐쇄성 수면무호흡증(Obstructive sleep apnea syndrome, OSAS)

OSAS

가

가

수면호흡장애의 치료원칙

치료 목적

가

가

가

가

가

(supine posi-

tion)

. 가

치료 방법을 선택하는 데 기준이 되는 요소들

가

가

“

가?”

가

1) 수술 결정시 고려해야 할 특성
 , 2) (, ,), 3)
 , 4)
 , 5)
 가 가
 가 가
 가
 가 (oral appliance)
 (body mass index, BMI)
 (Kg)
 25 가
 가
 가(43 cm 가) 가
 가
 가 (15~ 가
 30) (30)
 가
 수술에 관한 치료 지침
 가 3가
 . 1) 가 , 2)
 가 가
 가 가 , 3)
 (noninvasive)
 가
 가 가 “ ” “ 가
 가 ” “ “
 가
 결론
 가 가

중심 단어 :

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