

SDB and Hypertension

The term "sleep-disordered breathing" (SDB) refers to conditions where apnea's (when you stop breathing) and hypopnea's (when you have shallow breathing for a long period of time) are present during sleep. Approximately one in every five adults have SDB.

People with SDB have an increased risk of developing hypertension (high blood pressure), that is independent of all risk factors. There is a dose-response relationship: the more severe the SDB, the greater the risk of developing hypertension.

During healthy sleep, blood pressure decreases. During disrupted sleep, SDB patients tend to experience elevated blood pressure and prolonged cardiovascular stress, leading to increased blood pressure—both night and day.

SDB is strongly associated with hypertension, independent of all other risk factors. SDB is present in more than 30% of patients with hypertension.

SDB occurs in around 80% patients with drug resistant hypertension. For this group of patients, Positive Air-way Pressure, (PAP) Therapy may be especially important.

Treatments of patients with PAP (such as CPAP, APAP, and bilevel) may result in a significant drop in blood pressure. This drop in one study was significant to **reduce risk of a coronary heart disease event by 37% and stroke risk by 56%**.

If you would like us to conduct a sleep test in the comfort of your own home, please ask your doctor for a referral.

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