

# Sleep disordered breathing tied to lower exercise capacity

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Sleep-disordered breathing severity is associated with lower functional aerobic capacity and increased blood pressure, according to a study published in the June 1 issue of *The American Journal of Cardiology*.

(HealthDay)—Sleep-disordered breathing (SDB) severity is associated with lower functional aerobic capacity (FAC) and increased blood pressure, according to a study published in the June 1 issue of *The American Journal of Cardiology*.

Meghna P. Mansukhani, M.B.B.S., from the Mayo Clinic in Rochester, Minn., and colleagues evaluated 1,424 adults (mean age, 56.4 years; 75 percent male) who underwent exercise testing within six months before first-time diagnostic polysomnography. Subjects were grouped by apnea-hypopnea index (AHI):

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