

# Severe sleep apnea during REM sleep tied to acute CV events

March 8 2018

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(HealthDay)—Severe obstructive sleep apnea (OSA) that occurs during

REM sleep is associated with recurrent cardiovascular events in those with pre-existing cardiovascular disease, according to a study published in the March 1 issue of the *American Journal of Respiratory and Critical Care Medicine*.

R. Nisha Aurora, M.D., from Johns Hopkins University in Baltimore, and colleagues examined the association between OSA during REM sleep and a composite cardiovascular end point over an average of 9.5 years of follow-up in participants of the Sleep Heart Health Study with and without prevalent cardiovascular disease. Only those with a non-REM apnea-hypopnea index (AHI) of

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