**Diagnosis and Treatment of Obstructive Sleep Apnea**

**Sleep Apnea Treatment Algorithm**

1. **Treatment for mild, moderate, or severe OSAHS**
   - **Mild OSAHS**
     - Positive airway pressure
     - Oral appliances
     - Surgery
   - **Moderate to severe OSAHS**
     - Positive airway pressure
     - Surgery

2. **One month follow-up**
   - Reinforce importance of participation in support group such as A.W.A.K.E.
   - Assess and manage patient complaints/problems/sleep

3. **Treatment successful?**
   - Yes
   - No

4. **Refer to sleep specialist**

5. **Follow-up**

* A sleep specialist evaluation may be indicated at several points in diagnostic and treatment algorithms.

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