Diagnosis and Treatment of Obstructive Sleep Apnea in Adults

Diagnostic Algorithm

1. Patient presents with signs or symptoms suspicious for OSA:
   • Routine health maintenance exam
   • Presence of one or more of the following:
     - CVD                      - Hypertension
     - CAD                      - Obesity
     - Sleep complaint    - Type 2 diabetes
     - Recurrent atrial fibrillation - Large neck circumference

2. Signs or symptoms suspicious for OSA

3. Atypical or complicating symptoms present?
   yes
   4. * Refer to sleep specialist or appropriate specialist
   no

5. *Sleep study

6. Diagnosis of OSA?
   yes
   7. Determination of severity
   no

8. Lifestyle modification

See Treatment algorithm

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

A = Annotation

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