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DETERMINING THE PRIORITY OF POLYSOMNOGRAPHY

ABSTRACT

Obstructive Sleep Apnea Syndrome (OSAS) is a growing concern, leading to backlogs in sleep laboratories. This study evaluates OSAS severity using anthropometric and cardiac parameters to prioritize patients for polysomnography (PSG). A cross-sectional analysis of 91 patients identified BMI, BNP, and PAP max as significant predictors of OSAS severity. Statistical analysis revealed cut-off values for these biomarkers, enabling more efficient patient stratification. Using these parameters before PSG can enhance diagnostic efficiency and optimize sleep laboratory resources. This approach provides a practical framework for early OSAS detection and prioritization, reducing delays in diagnosis and treatment.

OSAS Severity Predictors

1 **Obesity - BMI**	2 **Serum BNP**	3 **ECHO - PAP max**
A 31.2 kg/m² cutoff value for BMI provided 82% sensitivity and 78% specificity.	An Optimal cutoff value for BNP was calculated to be 27.07 pg/mL, with 94% sensitivity and 75.6% specificity.	A cutoff value of 21.27 mmHg provided 94% sensitivity and 58.5% specificity.