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Sleep Spindles in NREM as Biomarkers of Obstructive Sleep Apnea Severity

ABSTRACT

Objective: Obstructive sleep apnea (OSA) is a common condition that interrupts sleep due to repeated blockages in the airway. This study investigates whether sleep spindle characteristics in non-rapid eye movement (NREM) sleep stages can serve as reliable markers of OSA severity, aiding diagnosis and management. Materials and Methods: In 2019, a cross-sectional study was conducted on 37 patients from Gods Hospital Sleep Disorders Center. Overnight polysomnography was performed, and sleep spindle parameters-frequency (Hz), duration (s), and density (number/min)-in NREM N2 and N3 stages were analyzed. Participants were classified based on OSA severity using the Apnea-Hypopnea Index (AHI).

