The Occupational Health Effects of Sleep Apnea

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Sleep Apnea is a breathing disorder which causes reduction of normal airflow, which usually occurs during sleep. The presence of Sleep Apnea causes snoring, daytime sleepiness, irregular sleep patterns and sometimes even cardiovascular disease. The purpose of this research was to find out how one's individual occupation may play a role in this disorder and some of the daily difficulties one has to deal with due to Sleep Apnea and to inform individuals that untreated Sleep Apnea exposes ones company and employees to unacceptable risk and to decrease and prevent Sleep Apnea. Many jobs require long and late hours of work, mostly during the time the body is asleep. The Occupational Sleep Apnea Solutions (OSAS) is a wellness program that manages one's exhaustion. These programs are very successful and prevent accidents from happening on the job. Data was collected using research from the internet and articles about truck drivers that have to stay up for long periods of time and usually in the middle of the night when they should still be sleeping. The research data provides education, screening, diagnosis, treatment and outcome compliance monitoring for employees with Sleep Apnea. Medication isn’t usually used to treat this condition, the best way of treating this disorder is changing one's lifestyle. There are other treatments such as mouth-pieces, breathing devices and surgery. The ultimate goal would be to restore regular breathing during sleep and relieve symptoms such as loud snoring and daytime sleepiness.