SLEEP (related) DISORDERED BREATHING (SDB)

1. **Snoring**

2. **Upper Airway Resistance Syndrome (UARS)**

3. **Obstructive Sleep Apnea (OSA)**
   
   not rare
   can occur in person of any age, even infants
   more common in overweight person
   more common in males & post-menopausal women
   more common in persons with “underslung jaws” (retrognathia)
   more common in persons with large uvulas, tonsils, tongues, narrow
   airway spaces, and high/narrow palate

4. **Central Sleep Apnea (CSA)**
   
   more common in older persons
   a result of brain injury to medullary respiratory control centers

5. **Sudden Infant Death Syndrome (SIDS), Apparent Life-Threatening Event (ALTE)**
   
   ALTE = a “near-miss” SIDS (ALTE since 1987 is the preferred term)