

CASE REPORTS

Upper Airway Resistance Syndrome—Report of Three Cases

K C Ong, **FAMS, MBBS, MRCP (UK)*, P P Cheng, ***MBBS, M Med (Surg)*, Y Y Ong, ****FAMS, M Med (Int Med), FRACP*

Abstract

Introduction: Patients with the upper airway resistance syndrome are frequently overlooked, and even if clinically suspected, often escape identification by polysomnographic monitoring. **Clinical Picture:** Three cases (2 women and a man) with excessive daytime sleepiness and fatigue were confirmed to have the upper airway resistance syndrome after undergoing polysomnography with oesophageal pressure monitoring. **Treatment:** Nasal CPAP during sleep was prescribed for 2 cases but 1 case refused all available treatment options. **Outcome:** After one month of CPAP therapy, the 2 cases reported improved symptoms and Epworth sleepiness scores. Lower daytime blood pressures were also recorded. **Conclusions:** Oesophageal pressure monitoring and EEG arousal analysis can greatly enhance the diagnostic accuracy in the upper airway resistance syndrome. Accurate diagnosis and effective treatment of this condition is important because of its sequelae of hypersomnolence and association with other disorders like systemic hypertension.

Ann Acad Med Singapore 2000; 29:242-5

Key words: Arousals, Hypopnoea, Oesophageal pressure, Polysomnography, Sleep-disordered breathing

* Consultant

*** Senior Consultant

Department of Respiratory & Critical Care Medicine

** Senior Consultant

Department of Otolaryngology

Singapore General Hospital

Address for Reprints: Dr Ong Kian Chung, Department of Respiratory & Critical Care Medicine, Singapore General Hospital, 1 Hospital Drive, Singapore 169608.