

New England Journal of Medicine 2005;353:2034-41.
 Obstructive Sleep Apnea as a Risk Factor for Stroke and Death
 H. Klar Yaggiら

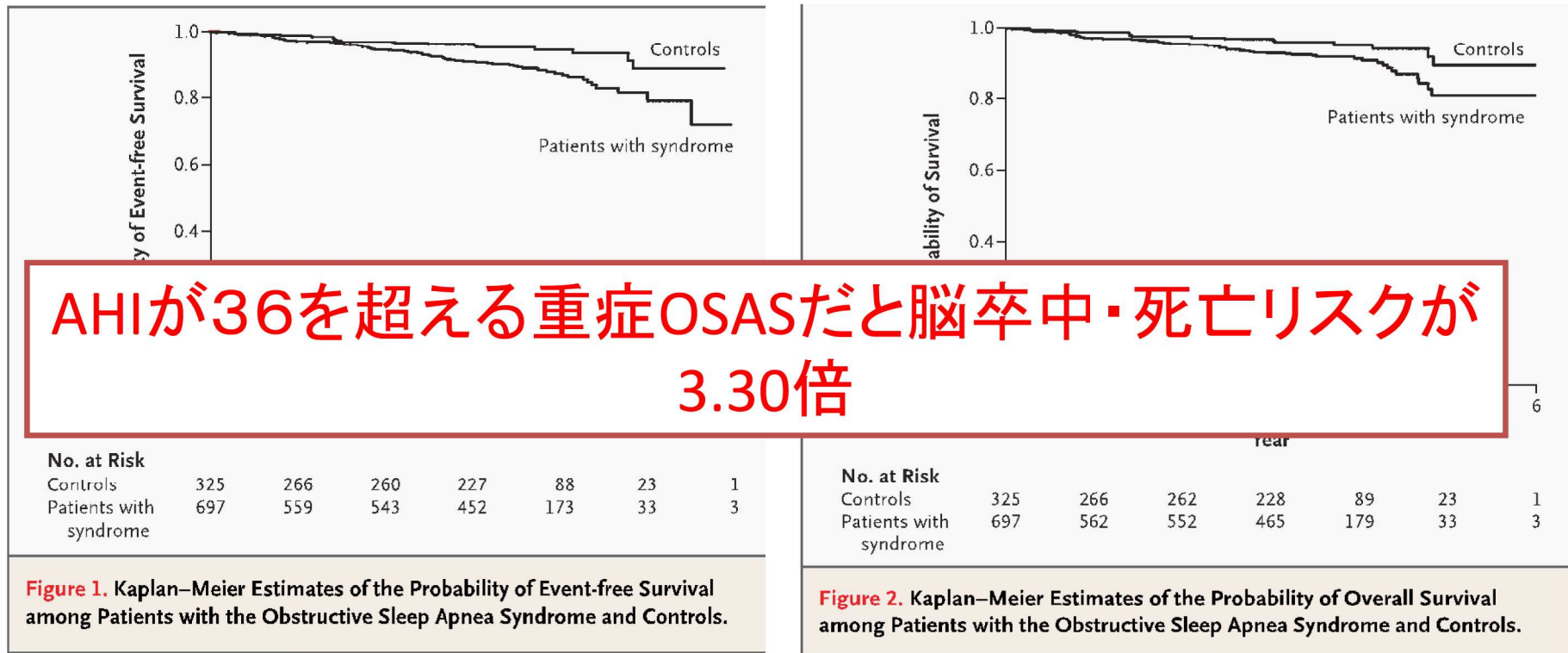


Table 3. Trend Analysis for the Relationship between Increased Severity of the Obstructive Sleep Apnea Syndrome and the Composite Outcome of Stroke or Death from Any Cause (N=1022).*

Severity of Syndrome	Stroke or Death		Mean Follow-up Period	Hazard Ratio (95% CI)
	No. of Events	No. of Patients		
AHI ≤3 (reference score)	13	271	3.08	1.00
AHI 4–12	21	258	3.06	1.75 (0.88–3.49)
AHI 13–36	20	243	3.09	1.74 (0.87–3.51)
AHI >36	34	250	2.78	3.30 (1.74–6.26)

脳梗塞発症後に対するCPAPの効果

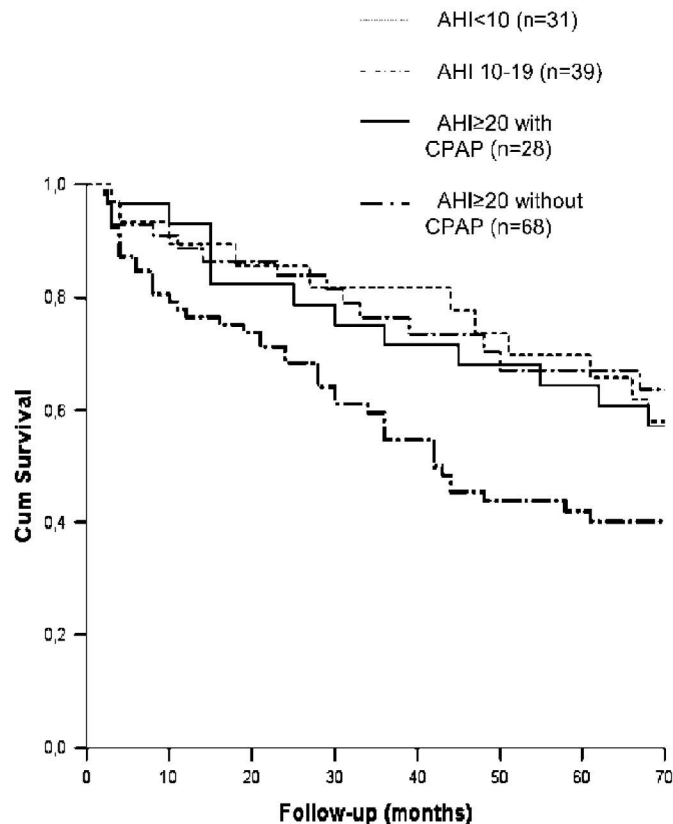


Figure 2. Accumulated survival curve for study groups of patients with stroke, by apnea-hypopnea index (AHI) cutoff point and continuous airway pressure (CPAP) tolerance. The group of patients with stroke with an AHI of 20 or greater and poor tolerance of CPAP showed more mortality than the rest of the patients after 5 years of follow-up. Cum 5 cumulative.

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Continuous Positive Airway Pressure
Treatment Reduces Mortality in Patients with
Ischemic Stroke and Obstructive Sleep Apnea A
5-Year Follow-up Study

Miguel Ángel Martínez-García

HR 2.69

95%CI (1.32-5.61)

SASに起因するといわれている事件・事故

- ・1993年に「Wake up America」をスローガンにしたアメリカ睡眠学会報告
- 1979年スリーマイル島原発事故
- 1986年スペースシャトル爆発事故
- 1989年アラスカ沖タンカー座礁
- ・日本では2003年2月26日に
山陽新幹線ひかり126号の運転士(33歳)が運転席で居眠りし、26km走行して岡山駅で緊急停車

交通事故

AMERICAN JOURNAL OF RESPIRATORY AND CRITICAL CARE MEDICINE VOL 158 1998

Automobile Accidents in Patients with Sleep Apnea Syndrome An Epidemiological and Mechanistic Study

FERRAN BARBE

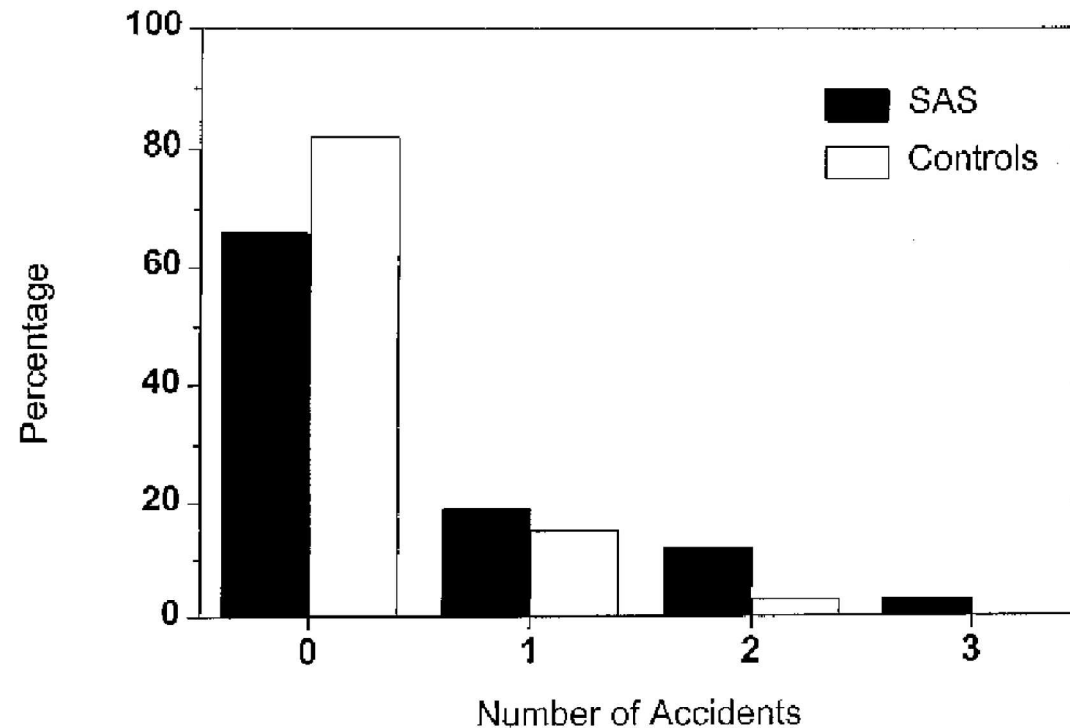


Figure 1. Distribution of number of accidents for control subjects and patients.

OSASに対するCPAP治療の 交通事故リスク減少効果

AMERICAN JOURNAL OF RESPIRATORY AND CRITICAL CARE MEDICINE VOL 161 2000
Treatment with Nasal CPAP Decreases Automobile Accidents in Patients with Sleep Apnea
LARRY FINDLEY

AUTO ACCIDENT RATES IN PATIENTS USING CPAP AND UNTREATED PATIENTS

	Patients Using CPAP	Untreated Patients
n	36	14
No. of accidents		
before diagnosis	5	2
No. of accidents after diagnosis	0 [†]	2
Accident rate* before diagnosis	0.07	0.07
Accident rate after diagnosis	0 [†]	0.07

* Accidents/driver/year.

† Significant reduction with CPAP ($p < 0.03$).

CPAP適応基準

- ・①～③すべて満たす
 - ①PSGでAHIが20以上
 - ②日中の傾眠、起床時の頭痛などの強い自覚症状がある
 - ③PSG上でSASが原因の睡眠の分断、深睡眠の減少が認められる
- ・簡易検査でAHI40以上で上記②をみたす