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Nota di contenuto	1. Introduction.- 2. OSA, the magnitude of the problem 3 -- Compliance of various forms of OSA treatment -- 4. Prevalence of positional obstructive sleep apnea in patients undergoing polysomnography and the effect of sleep stage -- 5 The contribution of head position to the apnea hypopnea index in patients with position dependent obstructive sleep apnea -- 6. Influence of sleep position on the transition of mild to moderate and severe OSA -- 7. Clinical characteristics of positional obstructive sleep apnea among Asians.- 8. Positional therapy: left lateral decubitus position versus right lateral decubitus position -- 9. Drug Induced Sleep Endoscopy and Sleep Position.- 10. Changes in site of obstruction in obstructive sleep apnea patients according to sleep position.- 11. Towards a clinical classification system (APOC) for positional dependent obstructive sleep apnea -- 12. Retrospective cohort analysis with the APOC system.- 13. Correlation between calculated/predicted and actual AHI after positional therapy.- 14. Influence of sleep position on snoring -- 15.

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Sommario/riassunto

Obstructive Sleep Apnea (OSA) is the most prevalent sleep disordered breathing disorder. It has become apparent that in more than half the patients with OSA, the frequency and duration of apneas are influenced by body position. To treat patients with Position Dependent OSA (POSA), positional therapy can be considered for preventing patients from sleeping in the worst sleeping position. Recently, treatment of POSA has advanced dramatically with the introduction of a new generation of positional therapy. Positional Therapy in Obstructive Sleep Apnea presents improved OSA diagnostic methods and the tools needed to implement positional therapy in clinical practice. This includes patient work-up, positional therapy with or without other treatments, consequences of guidelines, and future developments. Clinicians, students and researchers will find this comprehensive guide to be an invaluable resource for evaluating and treating sleep breathing disorders.
