

Assess Knowledge and Attitude of Saudi Population Regarding Obstructive Sleep Apnea

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ABSTRACT

Study design: Cross sectional

Background:The most prevalent form of sleep apnea, obstructive sleep apnea (OSA), is defined by repeated episodes of total or partial obstruction of the upper airways while sleeping, despite attempts to breathe. It is also linked to a decrease in blood oxygen saturation. Common names for OSA that causes excessive daytime sleepiness include OSA syndrome and OSA-hypopnea syndrome.

Methods:Data for this cross-sectional study were gathered using a specially designed questionnaire. demographic information and questions regarding knowledge and attitude of Saudi population Regarding Obstructive Sleep Apnea and its risk factors in the questionnaire.The SPSS ver. 20 program was used to code and input the data once it had been collected in order to analyze descriptive statistics (mean, standard deviation, frequencies, and percentages were computed). chi-square test results were used to determine whether there were any significant differences.

Results:56.97% were males, 43.3% were females, 41.03 were students, 51.31 were married while 46.15% were singles, 31.33% had intermediate level of education,28.51% had high school, 31.28% were living in central while 21.9% were living eastern regions.43.03% had monthly income in between 5000 to 10000 SAR while 37.3% in between 10000 to 15000 SAR. 35% of the respondents agreed that Patient affected with OSA can present with fatigue only.

Conclusion:The current study revealed that the respondents' knowledge of OSA was inadequate. As a result, it is advised to apply various training approaches to increase respondents' understanding of OSA.

Keywords:Obstructive, Sleep, Apnea,knowledge

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