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# Prevalence of self-reported clinically diagnosed sleep apnea according to obesity status in men and women: National Health and Nutrition Examination Survey, 2005â€“2006

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## Abstract

### Objective

To estimate the prevalence of self-reported clinically diagnosed sleep apnea (diagnosed sleep apnea) according to body mass index (BMI, measure of total obesity) and waist circumference (measure of abdominal obesity) in US adults.

### Methods

Data from a representative sample of 4309 US adults in the National Health and Nutrition Examination Surveys 2005â€“2006 were analyzed. Log-linear regression

analyses with a robust variance estimator were performed to estimate the prevalence ratios (PR) and 95% confidence intervals (CIs).

## Results

The overall crude and age-adjusted prevalence estimates of diagnosed sleep apnea were 4.7% (95% CI = 4.0%–5.5%) and 4.5% (95% CI = 3.9%–5.2%) in adults. Age-adjusted prevalence in men (6.1%, 95% CI = 5.0%–7.3%) was higher than that in women (3.1%, 95% CI = 2.1%–4.0%;  $P < 0.01$ ). Age-adjusted prevalence was higher for persons with total obesity (i.e., BMI  $\geq 30$  kg/m<sup>2</sup>) (12.1% vs. 3.0% in men,  $P < 0.01$ ; 7.0% vs. 0.7% in women,  $P < 0.01$ ) or abdominal obesity (10.9% vs. 1.9% in men,  $P < 0.01$ ; 4.6% vs. 0.6% in women,  $P < 0.01$ ) than that for those without total obesity (BMI  $< 30$  kg/m<sup>2</sup>) or without abdominal obesity.

## Conclusions

These results from a nationally representative sample suggest that diagnosed sleep apnea is highly prevalent among adults with obesity in the general population, especially among men.



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## Keywords

Sleep apnea; Obesity; Body mass index; Waist circumference; Adults; Prevalence

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