QUIZ CASE OF THE MONTH- JULY 2009

You refer a 62-year-old woman for an overnight polysomnographic study because of her insomnia and daytime hypersomnia.

You receive the following report:

**Respiratory parameters:**
- Obstructive apneas/hour: 4
- Hypopneas/hour: 9
- Central apneas/hour: 0
- Mean duration of apneas: 24.3 sec
- Duration of longest apnea: 30 sec
- Lowest O sat during apnea: 88%

**Sleep parameters**
- Time in bed: 7 hours
- Stages
  - Awake: 13.8%
  - Stage 1: 10.9%
  - Stage 2: 42.7%
  - Stage 3: 9.5%
  - Stage 4: 4.8%
  - REM: 18.3%

**Cardiac abnormalities during apneas**
- Sinus bradycardia: 42/min
- PVCs: 5/min

Which of the following do you recommend for this patient?

Click on the link below to know your choices and to mark your answer