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### A Survey of the Prevalence and Anthropometric Correlates of the Risk for Obstructive Sleep Apnoea in Abuja, Nigeria

*Une Enquête sur la Prévalence et les Corrélats Anthropométriques du Risque d'Apnée Obstructive du Sommeil à Abuja, au Nigéria*

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#### ABSTRACT

**BACKGROUND:** Obstructive Sleep Apnoea (OSA) is a significant public health challenge, with increasing prevalence and mortality. A significant proportion of the burden of this disorder occurs in middle- and low-income countries. Unfortunately, the rising number of individuals with a new OSA diagnosis and its consequences are frequently underestimated. This study aims to evaluate the prevalence and the correlates of OSA in the community setting.

**METHODS AND MATERIAL:** The study was a cross-sectional community-based survey. A standardized self-administered Berlin questionnaire was administered to all the study participants. The questionnaire has three categories that assess snoring, daytime sleepiness, and OSA. The international physical activity questionnaire and Sheldon Cohen perceived stress was applied to assess physical activity and psychosocial stress levels. The subject's anthropometric and other clinical parameters were measured using the appropriate instrument for measurements. The data obtained were analyzed with SPSS version 21 software.

**RESULTS:** Four hundred thirty-six (436) participants returned the completed questionnaire, out of which, 234 (53.7%) of the study population were men. The overall prevalence of the risk for OSA was 30% (36% in men vs. 24% in women). The risk of developing OSA was 1.8 times more in men. Hypertension was the most frequently reported comorbidity among the population at risk for developing OSA.

**CONCLUSION:** Obstructive sleep apnoea is a common but frequently neglected medical condition. The proportion of individuals affected may be more than is currently suggested. Routine screening for OSA and initiation of early treatment is necessary to mitigate the attendant consequences. **WAJM 2022; 39(3): 223–227.**

**Keywords:** Prevalence, obstructive sleep apnoea, Nigeria.

#### RÉSUMÉ

**CONTEXTE:** L'apnée obstructive du sommeil (AOS) est un défi important en matière de santé publique, avec une prévalence croissante et la mortalité. Une part importante du fardeau de cette désordre se produit dans les pays à revenu intermédiaire et faible. Malheureusement, le nombre croissant de personnes atteintes d'un nouvel AOS diagnostic et ses conséquences sont souvent sous-estimés. Cette étude vise à évaluer la prévalence et les corrélats de l'OSA dans le milieu communautaire.

**MÉTHODES ET MATÉRIEL:** L'étude était une enquête Communautaire transversale. Un questionnaire de Berlin auto-administré standardisé a été administré à tous les Participants à l'étude. Le questionnaire comporte trois catégories qui évaluent ronflement, somnolence diurne et AOS. Le questionnaire international sur l'activité physique et Sheldon Cohen perçue stress a été appliqué pour évaluer l'activité physique et le niveaux de stress psychosocial. L'anthropométrie du sujet et d'autres paramètres cliniques ont été mesurés à l'aide de l'instrument approprié pour les mesures. Les données obtenues ont été analysées avec SPSS version 21 du logiciel.

**RÉSULTATS:** Quatre cent trente-six (436) participants sont revenus le questionnaire rempli, dont 234 (53,7 %) de la population étudiée était composée d'hommes. La prévalence globale du risqué pour l'AOS était de 30 % (36 % chez les hommes contre 24 % chez les femmes). Le risque du développement de l'AOS était 1,8 fois plus élevé chez les hommes. L'hypertension était la comorbidité la plus fréquemment rapportée dans la population à risque de développer l'AOS.

**CONCLUSION:** L'apnée obstructive du sommeil est un phénomène courant mais condition médicale souvent négligée. La proportion du personnes touchées peuvent être plus nombreuses que ce qui est actuellement suggéré. Le dépistage systématique de l'AOS et l'initiation d'un traitement précoce sont nécessaire pour atténuer les conséquences qui en découlent. **WAJM 2022; 39(3): 223–227.**

**Mots-clés:** Prévalence, apnée obstructive du sommeil, Nigéria.

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Abbreviations: OSA, Obstructive Sleep Apnoea.