

Prevalence of Obstructive Sleep apnea Risk and Related Factors in Public Transport Bus Drivers in Jaffna, Sri Lanka

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Back ground/ Objective: Obstructive sleep apnea Syndrome (OSAS) is a common disease associated with daytime sleepiness. OSAS is characterized by instability of the upper airway during sleep, which results in markedly reduced (hypopnea) or absence of (apnea) airflow at the nose and or mouth with accompanying desaturation of oxy hemoglobin. The objective of this study is to describe the prevalence of obstructive sleep apnea syndrome (OSAS) risk and related factors in public transport bus drivers in Jaffna district Sri Lanka.

Method: Descriptive cross sectional study was done among Public transport bus drivers (n=267) of both state and private sector. Stratified random sampling method used. Interviewer administered questionnaire and a check list were used to collect data. The prevalence of OSAS risk was estimated using the Berlin questionnaire.

Results: Mean age of study participants was 40.2 years. Mean BMI was 24.8. The prevalence of Obstructive sleep apnea risk was 11.6% and the prevalence of self-reported snoring was 28.5%. Reported falling asleep while driving was 24.7%. The following variables were found to be statistically significant association with OSAS: Smoking (40.4%, p=0.034), alcoholism (38.2%, p=0.010) and obesity measures like neck circumference (4.5%, p=0.000) & waist circumference (36.7%, p=0.031). The risk of OSAS had statistically significant positive correlation with systolic blood pressure (r=0.5, p<0.001) and diastolic blood pressure(r=0.416,p<0.001) . Age of the drivers and betel chewing were not statistically significant associated with OSAS risk

Conclusion: A significant proportion of the public driver population is at high risk for OSAS and day time sleepiness. So it is important to increase the awareness on OSAS among the risk groups and their administrators. And it need further community based studies.