Complex Sleep Apnea Syndrome

[Name of the Writer]

[Name of the Institution]

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1. Describe what the article is about – paragraph or two

The *Complex Sleep Apnea Syndrome* disorder characterizes a form of breathing reluctance which occurs while a person is sleeping (Wang et al. 2013). This syndrome becomes an obstruction in the patient’s airway which causes them difficulty in the breathing process while asleep. Its clinical significance exhibits different breathing patterns which often last 4 – 8 weeks but in some cases may require continuous therapies. The article based on this disorder describes its symptoms, mechanisms, limitations, risk factors, prevalence, etc.

1. What are the strengths and or weaknesses of the article?

The article summarizes its strengths by discussing a preferential treatment approach. This approach indicates different therapies and treatments such as tracheostomy, mandibular advancement integration device, and maxillomandibular surgery. However, the weaknesses of the article state that patients with a history of significant lung disease, hypoxemia, seizure disorder, or daytime hypercapnia may not recover from CompSAS.

1. Choose a specific topic in the article and explain it thoroughly.

The medication provided to patients from CompSAS enlists Acetazolamide administration which shows effective ventilator response when in or during a seizure. Moreover, Opioid therapy is similarly effective during bedtime so that a positive response to the adjunctive use of this medicine can be utilized. It has a broader image in this context.

1. If you don’t understand something, look it up, make sure you understand the specific area you are explaining. Show me an example where you did this so that I can grade you on it.

The article comprises of different therapeutic options. One of which can be identified as CPAP devices. The device makes sure that the pressure does not vary during the respiratory cycle and is listed as the first noninvasive treatment for SAS. However, some people misunderstood this therapy as it sometimes does not resolve the central apnea activity. Patients who might be undergoing this therapy might have a poor initial experience.

1. Use your own words and thoughts.

This disorder is concerning and revolves a magnitude of complex therapies. Each of these distinctive therapies is either useful or may be continuous. The clinical characteristics, risk factors, and prevalence of this disorder underline different cultural, or diagnostic factors that may be the reason for such shortcomings.

**References**

Wang, J., Wang, Y., Feng, J., Chen, B. Y., & Cao, J. (2013). Complex sleep apnea syndrome. *Patient preference and adherence*, *7*, 633.