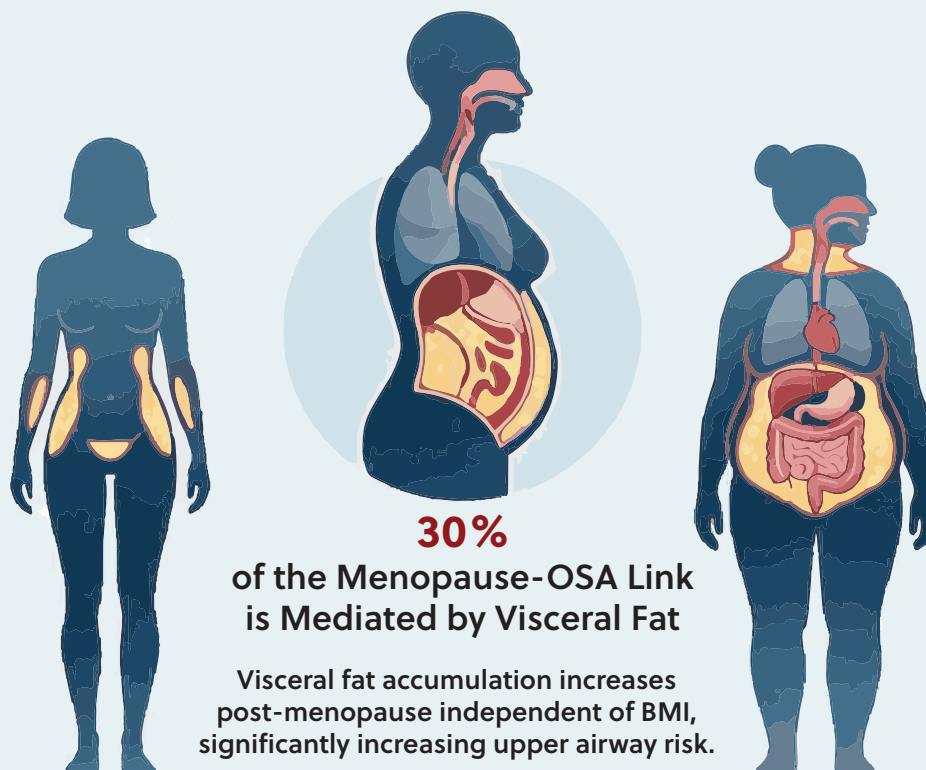
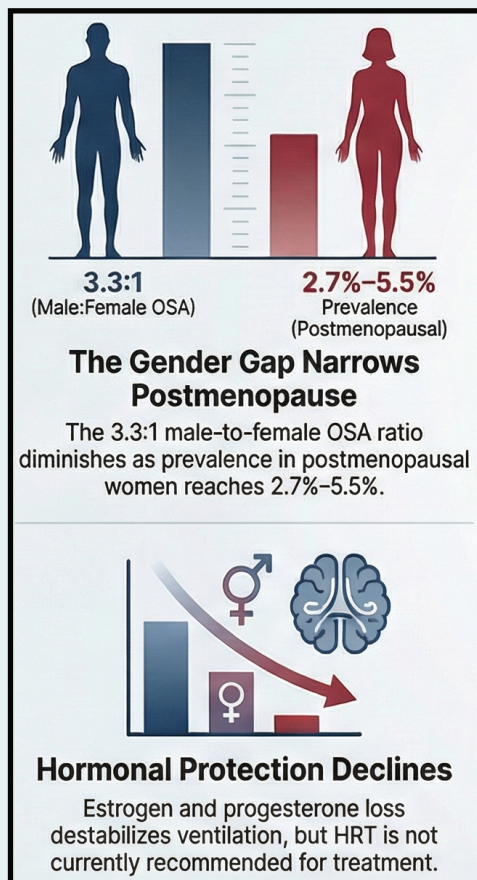


Menopause and Obstructive Sleep Apnea: Beyond BMI and Typical Symptoms



Prevalence & Risk Across Menopausal Stages (vs. Adult Men)		
Patient Profile	OSA Prevalence	Hypertension Odds Ratio
Premenopausal Women	~ 0.6%	1.0 (Reference)
Postmenopausal (NoHRT)	~ 2.7% - 5.5%	1.63
Adult men	~ 3.9% - 7.2%	N/A

Identify Atypical Female Symptoms

- Insomnia
- Fatigue
- Depression
- Nocturia
- Nocturnal Enuresis (present in 1.7% of postmenopausal cohorts)

1.63x Increased Odds of Hypertension

OSA in postmenopausal women is strongly linked to cardiometabolic risks and poor blood pressure control.

Clinical Tip: Beyond BMI
Do not rely on BMI alone; consider a home sleep study if symptomatic or hypertensive.
STOPBANG ≥ 3

