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SCHIZOPHRENIA Factsheet

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How is sleep apnea related to schizophrenia?

People with schizophrenia may show increased rates of co-occurring conditions including sleep apnea. The most common form of sleep apnea is obstructive sleep apnea, which occurs when the muscles of the upper airway relax in such a way that they block the airway during sleep. As a result, obstructive sleep apnea is associated with daytime sleepiness, cognitive dysfunction, and the development of hypertension, cardiovascular disease, and abnormalities in glucose metabolism. Obstructive sleep apnea also has adverse effects on quality of life, and can lead to anxiety and depression symptoms.

What is the evidence for comorbid sleep apnea?

Moderate quality evidence suggests rates of obstructive sleep apnea vary across studies (13.5% to 57%), and may be similar to general population rates. Rates are lower in people with schizophrenia than in people with bipolar disorder or major depression. Correlates of OSA include increased age, larger neck circumference, male sex, and higher body mass index.

For more information see the technical table



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NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.

Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.

Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.

While we hope you find this information useful, it is always important to discuss any questions about schizophrenia or its treatment with your doctor or other health care provider.

HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at neura.edu.au/donate/schizophrenia.