UPPSALA UNIVERSITET

Double Trouble - kombination av sömnapné och insomni: Bra att känna till?

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SESAR Svenska Sömnapnéregistret

SESAR registerdag 2025-05-12

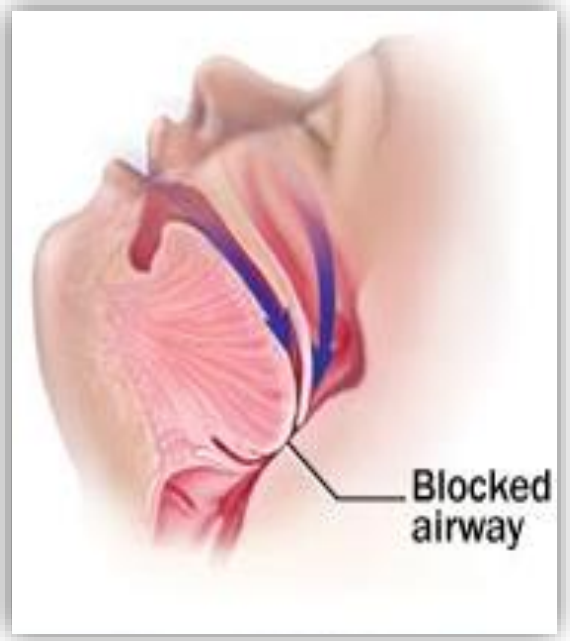
OBSTRUKTIV SÖMNAPNÉ (OSA)

Antal andningsstörningar per timmes sömn=AHI

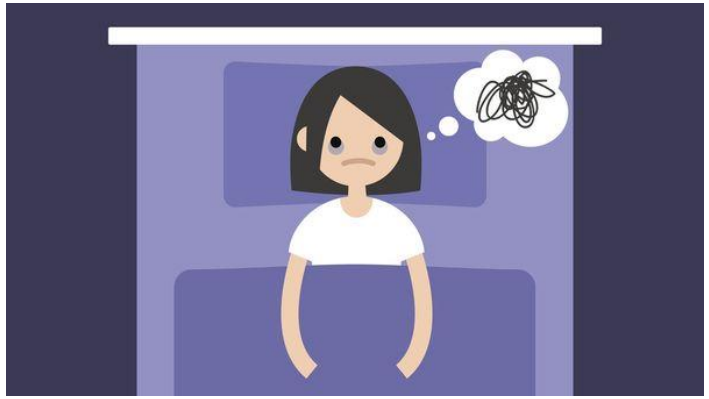
0	5	15	30
Normalt	Lätt	Medelsvårt	Svårt

+ SYMPTOM
Sömnapné

Sömnapné



Insomni



- Tillstånd där personen upplever otillräcklig sömnmängd

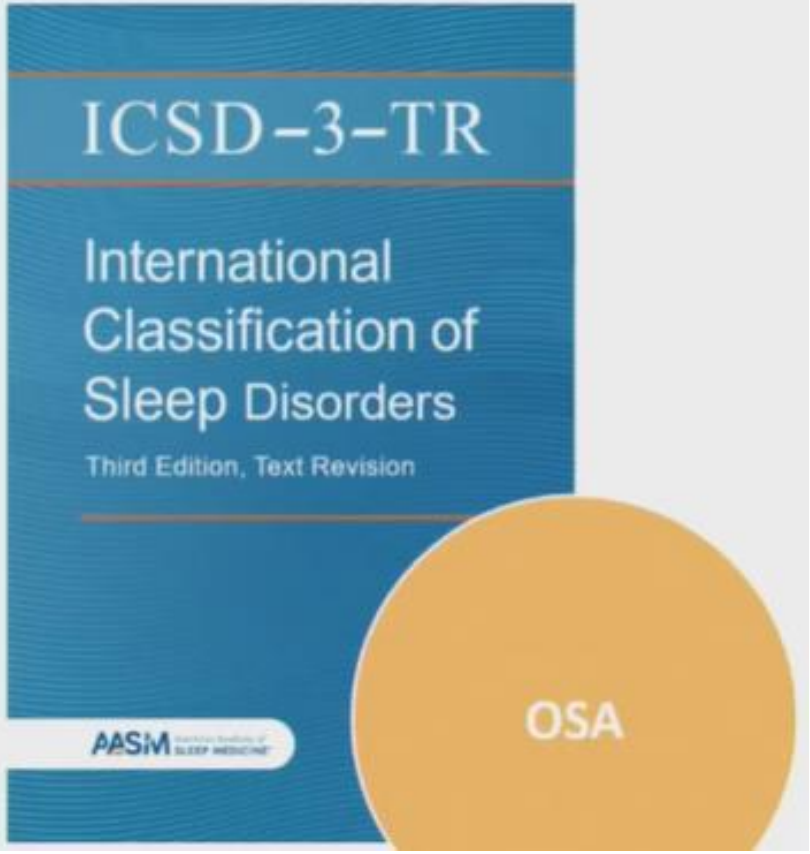
- Baserat på subjektivt angivna besvär
  - förlängd insomningstid
  - ökat antal uppvaknanden under natten
  - kort sömn eller dålig vilokänsla i sömnen

- För diagnos: dessutom påverkan på sin dagtidsfunktion

OSA

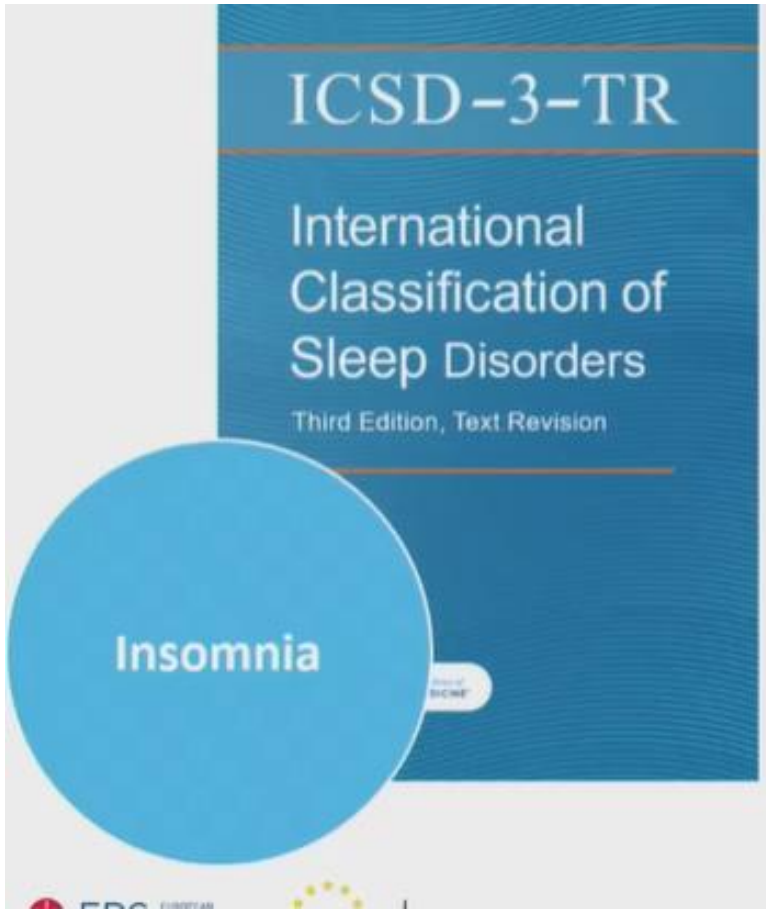
AHI 5-15 with either sleepiness, fatigue, **insomnia**, or symptom leading to impaired Quality of life	OR	**AHI ≥15**
AND		
Symptoms are not better explained by another current sleep disorder…		

- Descriptive text indicates that;
  - Sleep maintenance insomnia may indicate OSA,
  - Sleep onset or early awakenings insomnia may indicate comorbid insomnia condition,
  - OSA can be mis-diagnosed as insomnia.



Sleep and Breathing Conference, Anwerp, Belgium (2025)

Insomni

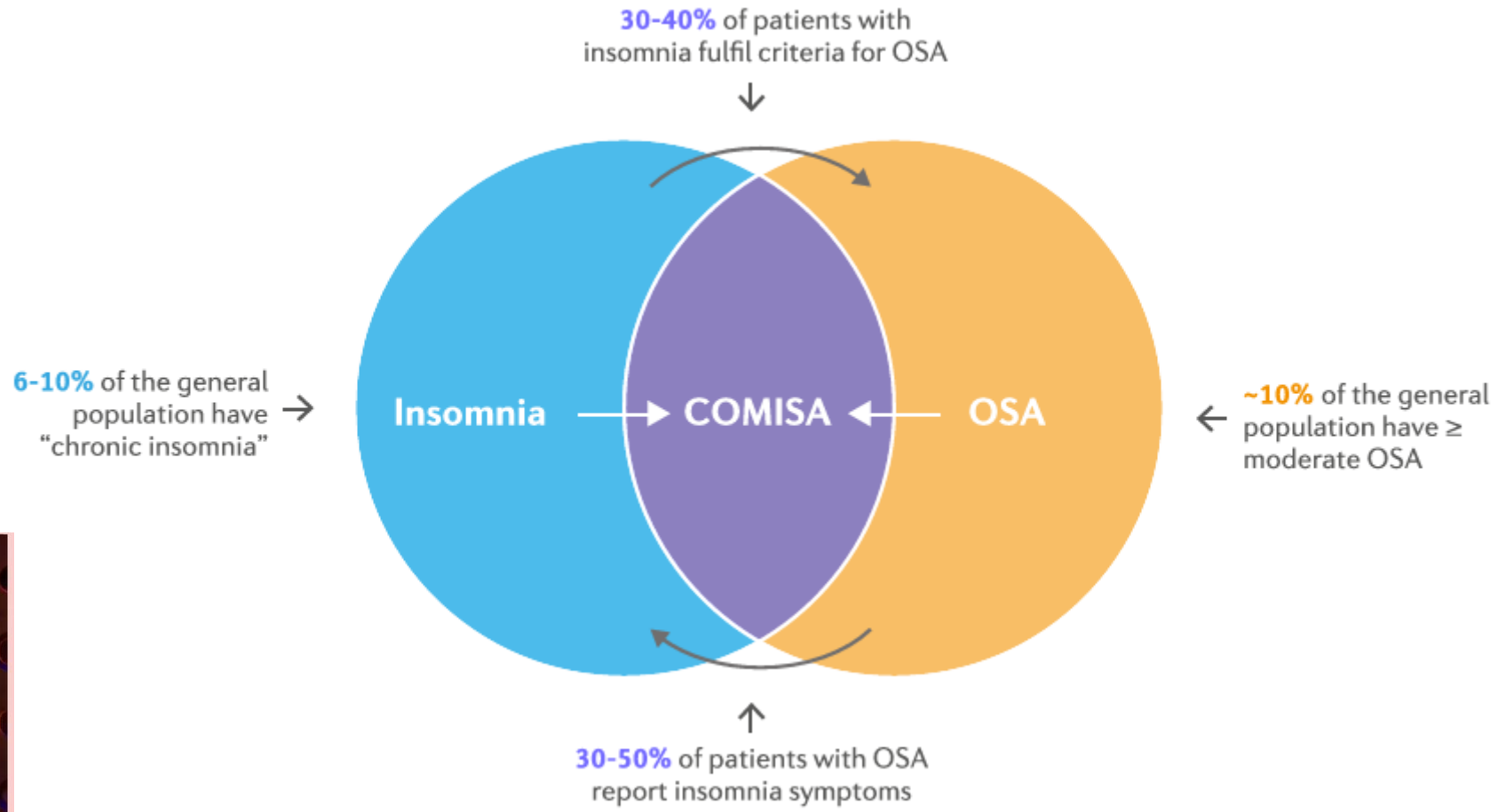


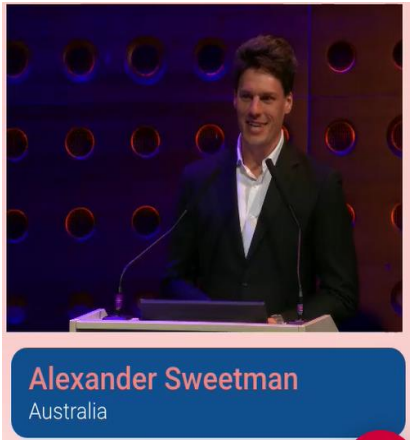
Difficulty initiating sleep	AND / OR	Difficulty maintaining sleep	AND / OR	Early morning awakening difficulties
AND All OF...				
• Associated daytime impairment • Not explained by inadequate sleep opportunity or environment • Occurs at least 3 times per week • Not solely due to another sleep disorder				
AND EITHER...				
Short term < 3 months			Chronic ≥ 3 months	

- Complex to differentiate.
- Comorbidity does not exclude diagnosis of insomnia.
- Difficult to determine if '... solely due to another sleep disorder'

Sleep and Breathing Conference, Anwerp, Belgium (2025)

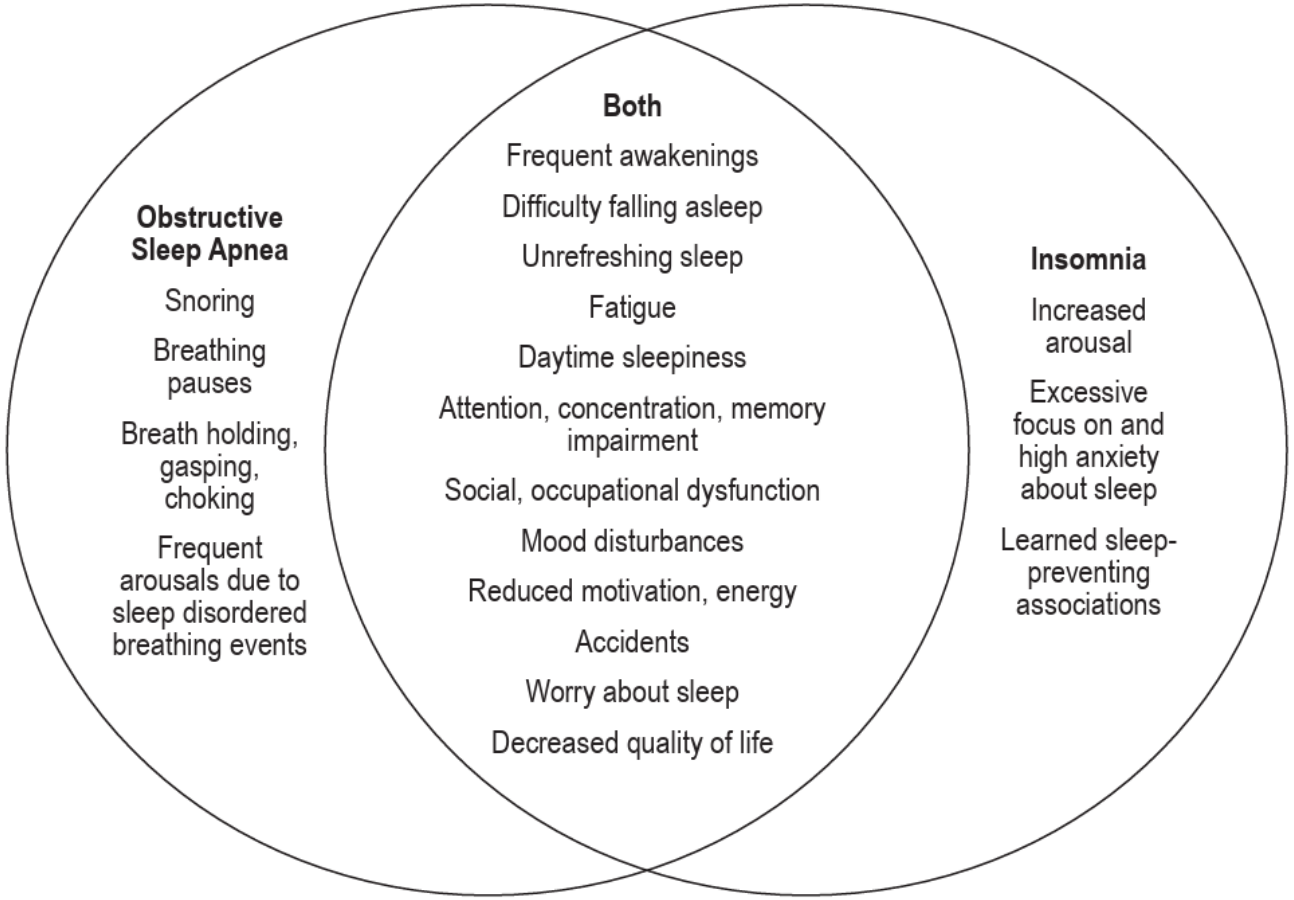
Co-morbid insomnia and sleep apnea (COMISA)





Sweetman et al. Sleep Med Rev (2021)

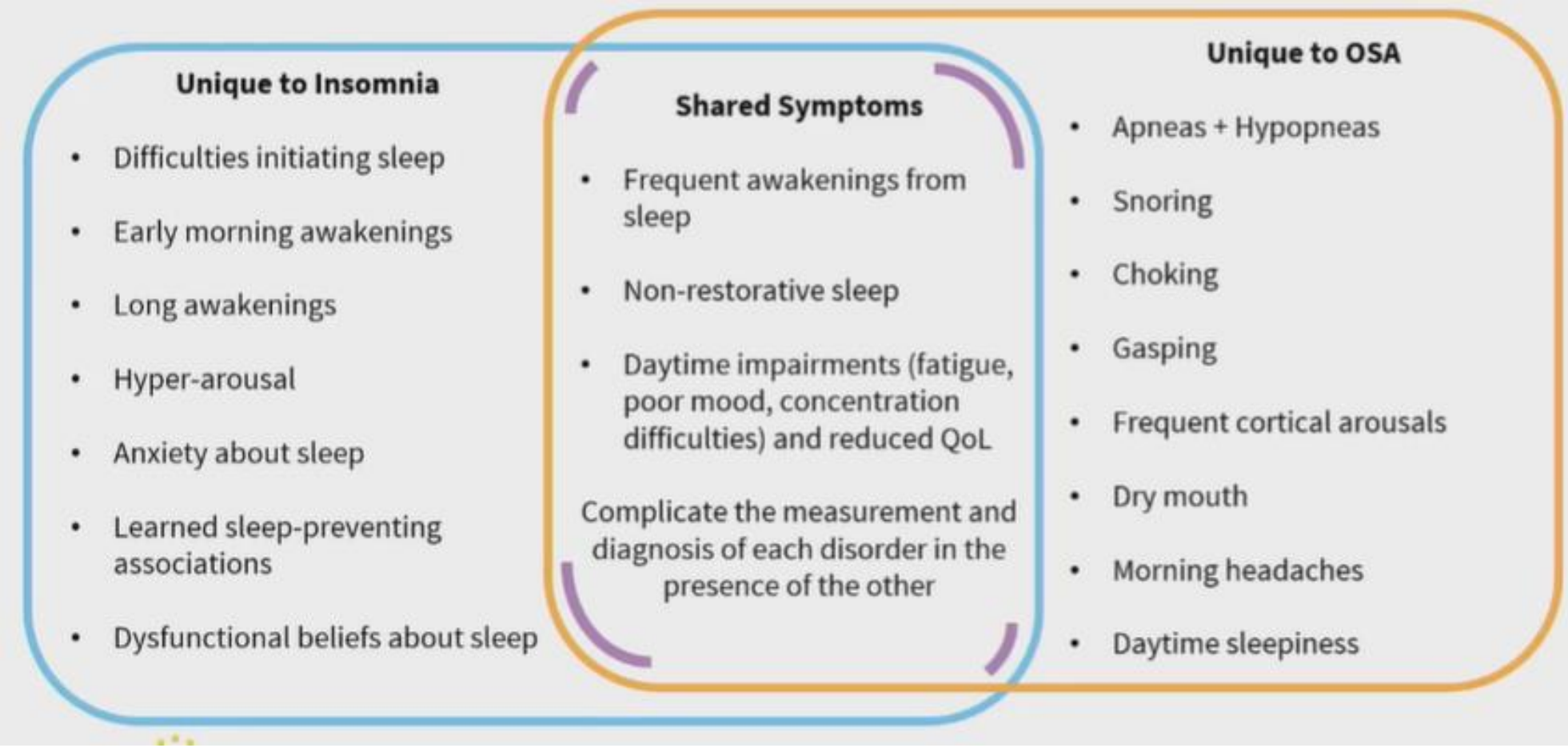
Symtom på OSA och insomni



International Classification of Sleep Disorders-2nd edition criteria

Luyster et al. JCSM (2010)

Symtom på OSA och insomni



Luyster et al. JCSM (2010)

Insomnia with Sleep Apnea: A New Syndrome

Abstract. *A new clinical syndrome, sleep apnea associated with insomnia, has been characterized. Repeated episodes of apnea occur during sleep. Onset of respiration is associated with general arousal and often complete awakening. with a resultant loss of sleep. An important clinical implication is that patients complaining only of insomnia may be suffering from this syndrome.*

Although patients who complain of insomnia have been studied in this laboratory for several years, we only recently began to include respiratory studies routinely. Using these pro-

ance of diaphragmatic and thoracic muscle contraction; and a "mixed" type, characterized by an initial central apnea followed by temporary upper airway obstruction at the subsequent

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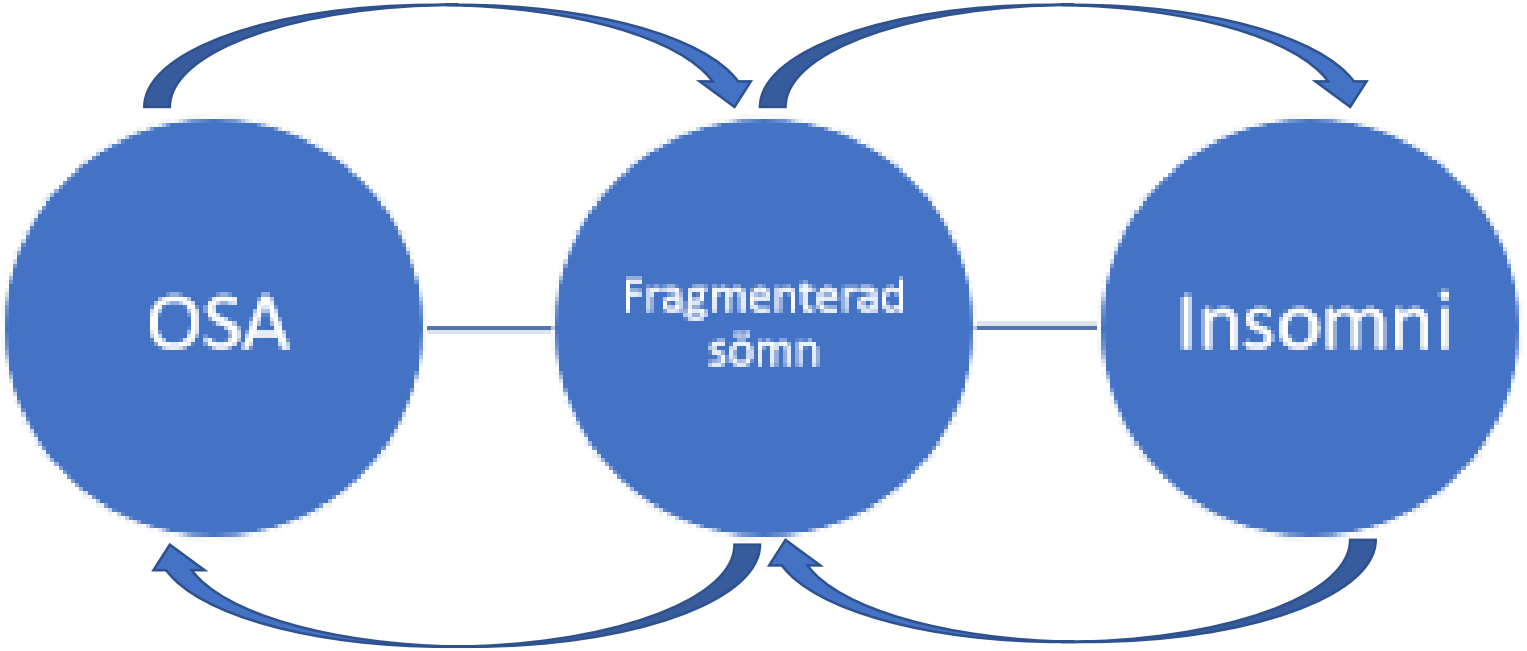
Gulliminault et al, Science (1973)

Varför är COMISA viktigt?

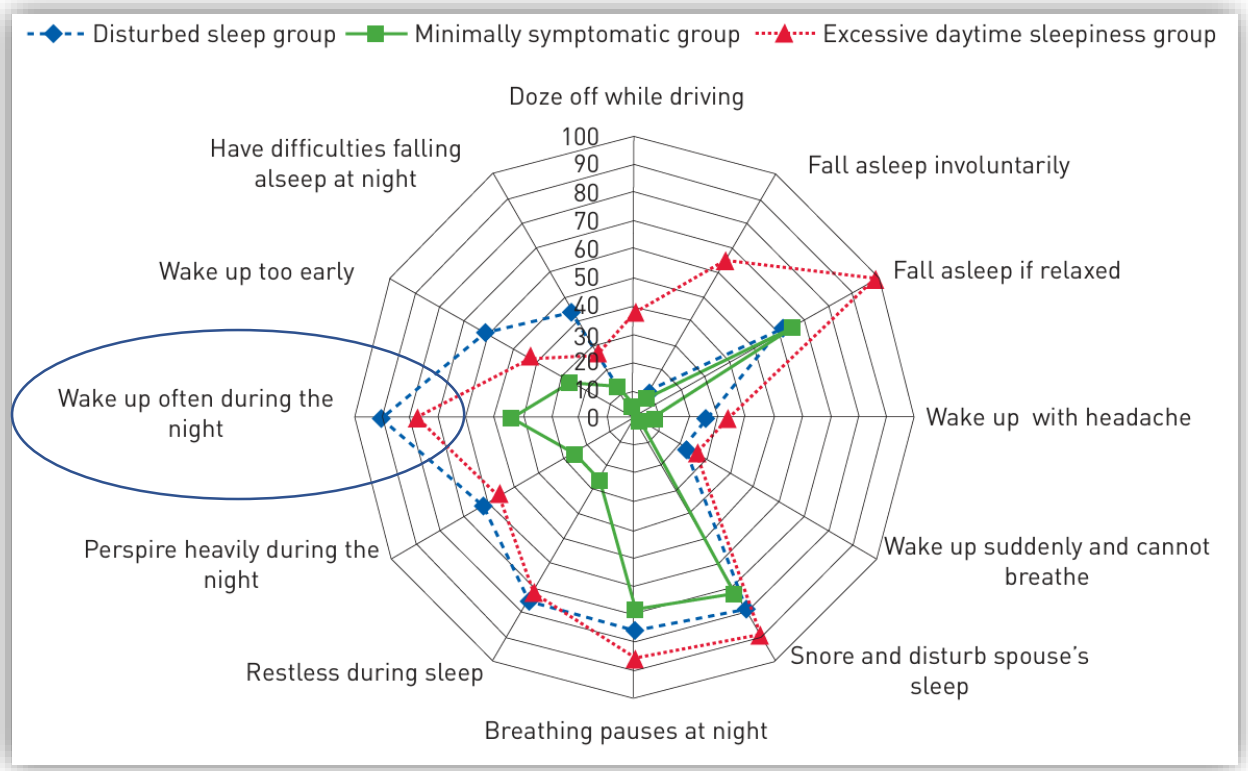
- Jämfört med personer med enbart ena tillståndet:
  - Ökad sjukdomsbörda
  - Försämrad livskvalitet
  - Sämre behandlingssvar
  - Komplexa diagnosbeslut

Bi-direktionella samband



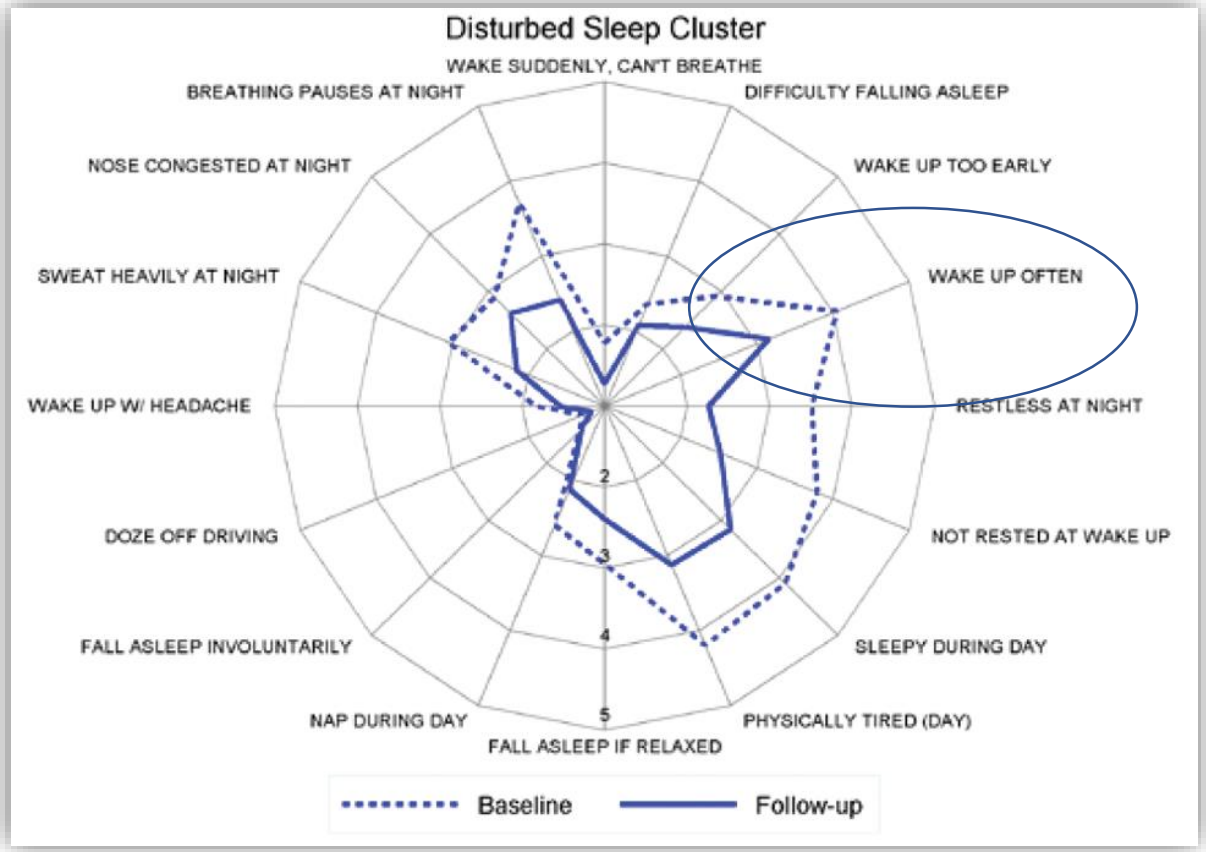
Evidens för OSA → Insomni

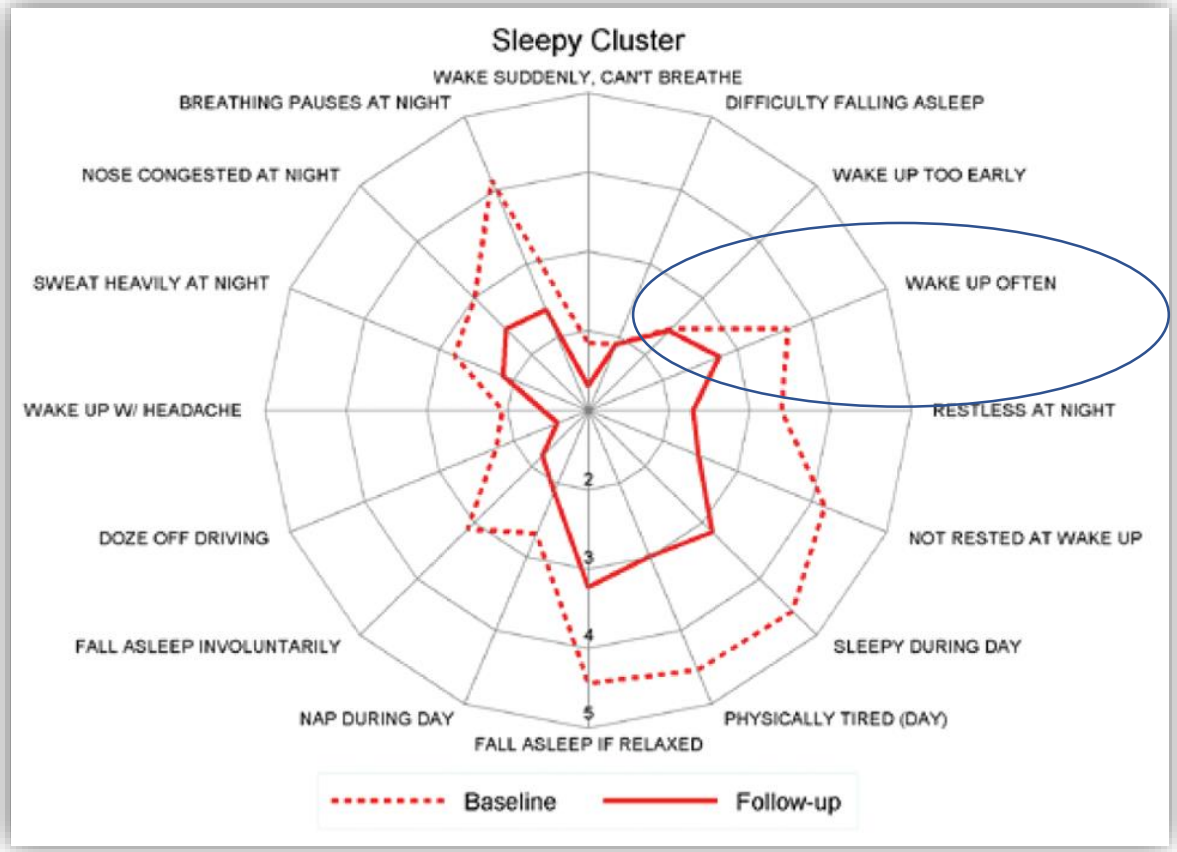
- Uppvaknanden pga obstruktiva händelser
- Låg väcktröskel (arousal threshold)
- Minskade symtom vid CPAP-behandling



Ye et al. ERJ (2014)

Effekt av CPAP på insomni



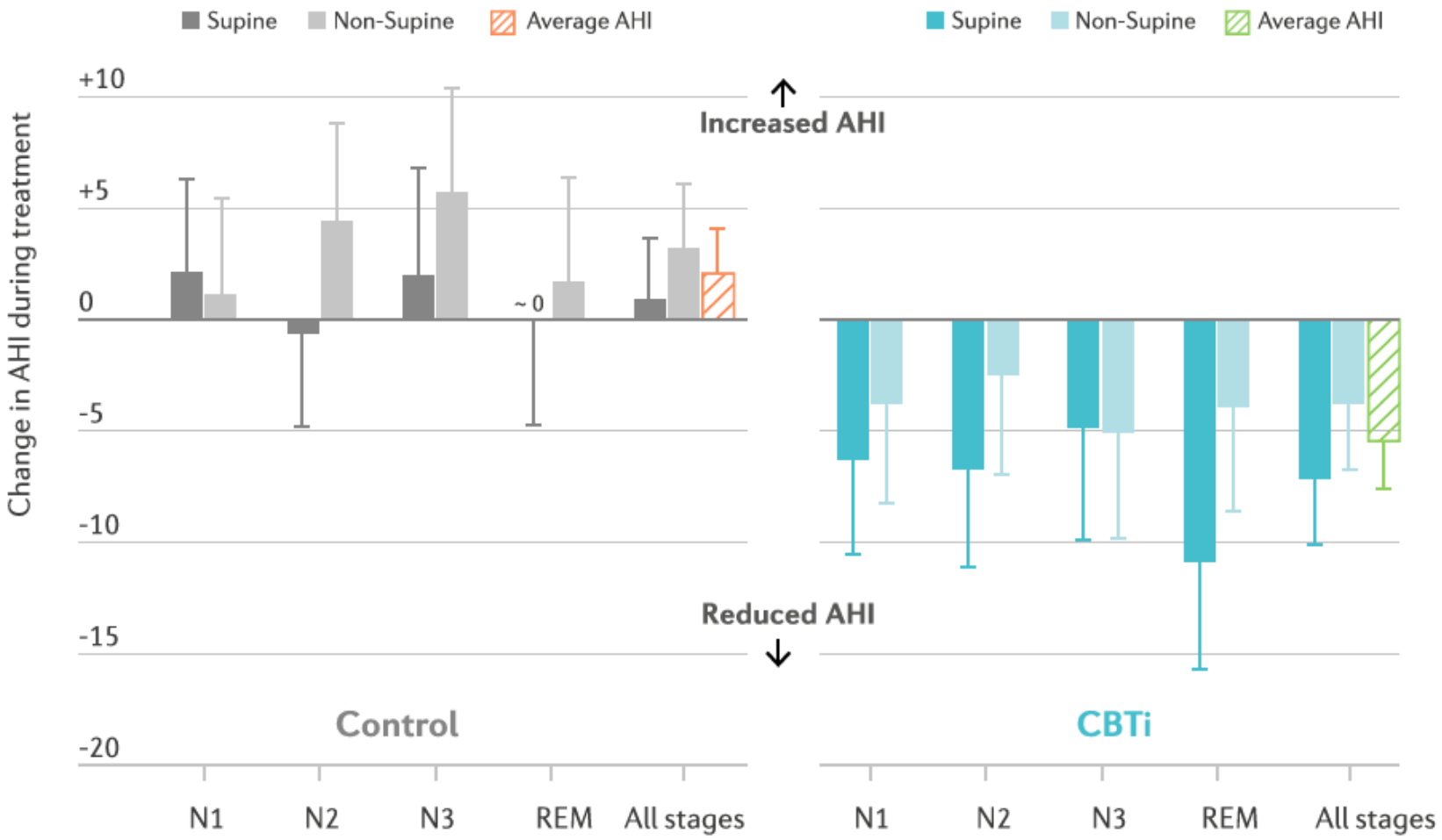


Pien et al. Sleep (2018)

Evidens för Insomni → OSA

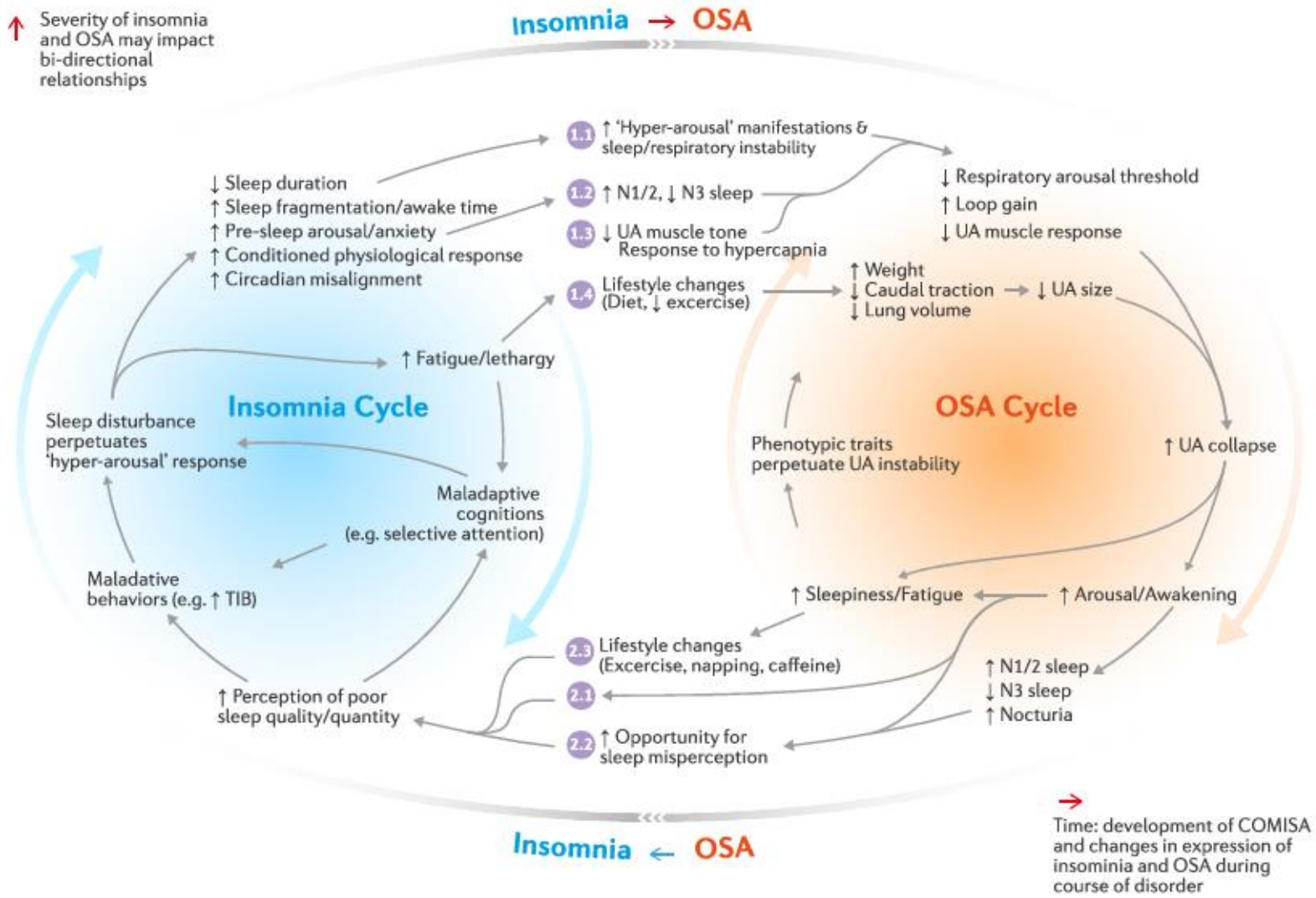
- Sömnfragmentering ökar AHI
- Hyperarousal → Lägre väcktröskel (arousal threshold)
- Minskad djupsömn = Mer apné i ytlig sömn

Effekt av KBTi på AHI



Sweetman et al. ERJ (2020)

Konceptuell modell



- Hyperarousal
- Sömnarkitektur
- Luftvägsinstabilitet
- Stressaxeln

Sweetman et al. Sleep Med Rev (2021)

Kliniska rekommendationer

- Screening för båda tillstånd
- Samtidig behandling
- Anpassning efter patientens huvudproblem
- Beakta kön, ålder, etnicitet

Behandling COMISA

- Empirisk data + klinisk expertis:
  - Övervägande insomni: KBTi först
  - Övervägande OSA: CPAP först
  - Svåra besvär och likvärdiga: CPAP + multidisciplinär vård
    - Sekvensering? Individualisering?
- OSA-behandling + KBTi verkar vara med effektivt än KBTi ensamt
- Hypnotika kan hjälpa CPAP tolerans och compliance om DIS/DMS-problematik finns
- Icke-CPAP-terapier är sällan studerade i COMISA

Sleep Medicine Reviews 60 (2021) 101519

Contents lists available at ScienceDirect

Sleep Medicine Reviews

journal homepage: www.elsevier.com/locate/smrv

CLINICAL REVIEW

Bi-directional relationships between co-morbid insomnia and sleep apnea (COMISA)

Alexander Sweetman [a, *], Leon Lack [b], R Doug McEvoy [a], Simon Smith [c], Danny J. Eckert [a], Amal Osman [a], Jayne C. Carberry [a, g], Douglas Wallace [d, e], Phuc D. Nguyen [f], Peter Catcheside [a]

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Sweetman et al. Sleep Med Rev (2021)

Sammanfattning

- COMISA är vanligt, komplext och underdiagnostiserat
- Bi-direktionella samband kan göra behandling svår
  - Insomni kan vara ett symtom på OSA och AHI kan ses vid insomni
- Insatser och forskning krävs för personcentrerad vård

TACK!

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SESAR Svenska Sömnapnéregistret