

# **Sleep apnea in 2025: Advances in Testing, Diagnosis and Management.**

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# Objectives:

At the end of this presentation, participants will be able to:

- Recognize different types of sleep disorders.
- Identify how to investigate sleep apnea: Differentiate between available sleep studies (home sleep apnea testing vs polysomnography) and determine which test to order based on patient presentation.
- Review key findings from sleep studies.
- Indicate how to treat sleep apnea: Explore treatment options including lifestyle modifications, Cpap treatment, mandibular advancement devices and surgical intervention with a focus on tailoring therapy to specific sleep apnea phenotypes for optimal outcomes.

- Overview of sleep disorders

- Clinical case

- How to investigate sleep apnea

- How to treat sleep apnea

- Phenotypes of sleep apnea

- Orthosomnia

- Conclusion