

Summary

“PALM” Scale

P: pharyngeal narrowing/collapsibility

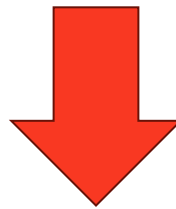
A: arousal threshold

L: loop gain (unstable breathing)

M: (poor) muscle responsiveness

Non-anatomical

- Pharyngeal narrowing/collapse can result from anatomical (narrowed/obstructed airway) and non-anatomical factors (poor upper airway muscle recruitment, low arousal threshold, unstable ventilation)



Sensorimotor changes



↓ sensation



Shift to Type II fibers

