OSA Severity

$$AHI = \frac{\text{\# of apneas} + \text{\# of hypopneas}}{\text{\# of hours of sleep}}$$

- **Hypopnea:** airway narrows (min 10 sec of ↓ airflow)
- **Apnea:** airway closes (min 10 sec airflow cessation)

Apnea-Hypopnea Index (AHI)	Severity Classification
<5	Normal
5 - 14.9	Mild OSA
15 - 30	Moderate OSA
>30	Severe OSA

https://www.sleepapnea.org/what-does-ahi-represent/