

Understanding Apnea Hypopnea Index (AHI)

□ Apnea

A cessation of airflow for >10 seconds

- Obstructive
- Central
- Mixed

□ Hypopnea

A decrease in airflow lasting > 10 seconds with a 30% airflow reduction and with at least a 4% oxygen desaturation from baseline

AHI (Apnea/Hypopnea Index)

The number of apneas and/or hypopneas per hour of sleep (or study time).

This index reflects the “severity” of OSA

AHI = 0-4 Normal range

AHI = 5-14 Mild sleep apnea

AHI = 15-30 Moderate sleep apnea

AHI > 30 Severe sleep apnea