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## Obstructive Sleep Apnea: Cognitive Outcomes

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### Abstract

There is a strong association between obstructive sleep apnea (OSA) and cognitive dysfunction. Executive function, attention, verbal/visual long-term memory, visuospatial/constructional ability, and information processing are more likely to be affected, whereas language, psychomotor function, and short-term memory are less likely to be affected. Increased accumulation of A $\beta$ <sub>2</sub>-amyloid in the brain, episodic hypoxemia, oxidative stress, vascular inflammation, and systemic comorbidities may contribute to the pathogenesis. Patients with OSA should have cognitive screening or formal testing, and patients with cognitive decline should have testing for OSA. Treatment with continuous positive airway pressure may improve cognitive symptoms in the patient with OSA.

**Keywords:** Beta-amyloid; CPAP; Cognitive dysfunction; Dementia; Hypoxemia; OSA; Reversible cognitive symptoms; Sleep-disordered breathing.

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