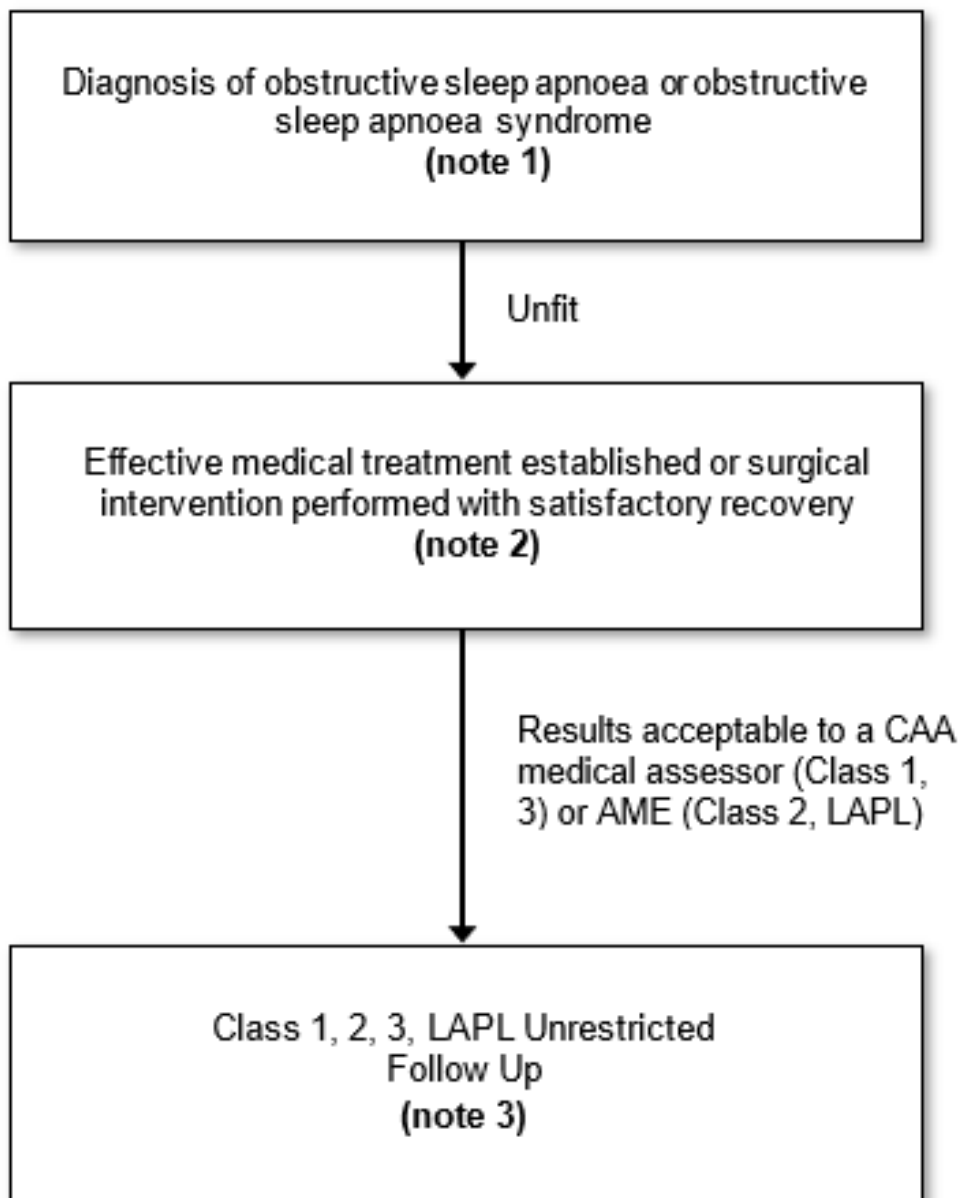


Obstructive sleep apnoea and obstructive sleep apnoea syndrome

This flow chart sets out the medical certification process following a diagnosis of obstructive sleep apnoea or obstructive sleep apnoea syndrome.



Diagnosis (note 1)

Usually diagnosed by history and confirmed by sleep studies. Causes include pharyngeal abnormalities, obesity, mandibular deformities.

Treatment and recovery (note 2)

Acceptable medical or surgical treatments as directed by a specialist sleep or respiratory physician.

If continuous positive airway pressure (CPAP) is used, it should be utilised for at least 5 hours per night and for 6 nights per week. It must be used during the sleep period just prior to flight or controlling.

Full benefit from CPAP usually takes 6 weeks of use. The machine usage report should be assessed by a medical assessor (Class 1, 3) or AME (Class 2, LAPL) with any clinical reports.

Cardiovascular risk factors should be assessed in accordance with the [cardiovascular risk assessment flow chart](#) in the cardiovascular system guidance.

Epworth Sleepiness Scale score should be less than 10. In cases of doubt, a multiple sleep latency test should be performed.

Follow up (note 3)

Pilots / air traffic controllers are not to fly / control if they experience any problems with their treatment or experience a recurrence of their symptoms and / or an Epworth Sleepiness Scale score is greater than or equal to 10.

If CPAP is used, the machine usage report should be submitted to the AME (initially every 3 months for the first year) together with copies of the flying logbook or duty roster for the same period to demonstrate compliance with **note 3** above.

EPWORTH SLEEPINESS SCALE	
Use the following scale to choose the most appropriate number for each situation:	
0 = would <i>never</i> doze or sleep	
1 = <i>slight</i> chance of dozing or sleeping	
2 = <i>moderate</i> chance of dozing or sleeping	
3 = <i>high</i> chance of dozing or sleeping	
Situation	Chance of dozing or sleeping
Sitting and reading	
Watching TV	
Sitting inactive in a public place	
Being a passenger in a motor vehicle for an hour or more	
Lying down in the afternoon	
Sitting and talking to someone quietly after lunch (no alcohol)	
Stopped for a few minutes in traffic while driving	
Total score (add the scores up)	