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Poster Presentation

Sleep Apnea and Traffic Accidents; A Brief Review

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Abstract

Sleep apnea syndrome (SAS) is a potentially serious sleep disorder in which breathing repeatedly stops and starts. SAS can cause drowsiness and lack of concentration during driving due to sleep deprivation. Patients with clinical features of SAS and self-reported sleep attacks at the wheel do poorly in simulated monotonous driving. The goal of this investigation was to review the different views about the relationship between SAS and traffic accidents. We performed a systematic literature search, using Pub Med with the following entry: «Accidents, Traffic»[Mesh] and «Sleep Apnea Syndromes»[Mesh]. The search resulted in identifying 216 studies. Full texts of articles which met the inclusion criteria and their finding are discussed in this study.

Keywords: Sleep Apnea, Road accident, Traffic Risk.

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