Could Sleep Apnea be contributing to fatigue in Multiple Sclerosis patients?

Fatigue is a frequent and debilitating symptom in Multiple Sclerosis (MS). It often has been thought to be caused by other common MS symptoms. But, new studies show that Obstructive Sleep Apnea (OSA) is highly prevalent amongst MS patients and may be a major contributor to the fatigue that they are experiencing.

Approximately 400,000 people in the United States report that they have a diagnosis of Multiple Sclerosis.

80% of MS patients experience fatigue

One-fifth of the MS patients also had Obstructive Sleep Apnea.

Half of the MS Patients studied were at an elevated risk for OSA.

A study by the American Academy of Sleep Medicine surveyed MS patients in a large tertiary MS practice.

The Rowe Neurology Institute did a retrospective study to look at the frequency of sleep disorders in MS patients.

49% Amount of MS patients studied that had OSA

2 - 5% Amount of people in the general population that have OSA.

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