International Journal of Healthcare Education & Medical Informatics
CHETPHYSIOCON 2024 Conference
1-June-2024

Effectiveness of Oropharyngeal Exercise and Side-Lying Position on Snoring and Daytime Sleepiness _ An Experimental Study

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Abstract

Background of the study: Breathing disorders connected to sleep are most commonly associated with obstructive sleep apnea (OSA). It is characterized by recurrent upper airway collapses during sleep and can produce obstructive apneas, hypopneas, and arousals related to respiratory effort. The majority of people with OSA are older men (30-69 years), although it can also afflict women and young children.

Methods: The study design is experimental, and we recruited 30 participants. The sample type is simple random sampling. The study setting is Chettinad Hospital and Research Institute. Eligibility criteria for the study were men and women aged between 30 to 60yr old; daytime sleepiness, snoring, obesity, neck circumference, smoking, upper airway obstruction, postpartum women, neurologic disease, and uncontrolled blood pressure were excluded. Based on inclusion criteria, divided into an experimental group and a control group. In the experimental group, the subjects were asked to perform the oropharyngeal exercise and side-lying position for 15 days.

Result: There is a significant decrease in ESS score from the pre-test to the post-test, with a Z-value of -3.42 ($p=0.001 <0.05$), indicating that the ESS score is reduced significantly. There is a significant decrease in SSS score from the pre-test) to post-test, with a Z-value of -3.45 ($p=0.001<0.05$), indicating that the SSS score is reduced significantly from pre- to post-test due to Oropharyngeal exercise and side-lying position.

Conclusion: This study's conclusion shows a statistically significant improvement in snoring and daytime sleepiness who received oropharyngeal exercise along with a side-lying position.