

# Bölüm 1

## OVERLAP SENDROMU

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1985 yılında ilk kez David Flenley tarafından kullanılan “overlap sendromu (OVS)”, obstrüktif uyku apne sendromu (OSAS)’na kronik obstrüktif akciğer hastalığı (KOAHA), astım, kistik fibrosis ve interstisyel akciğer hastalığı gibi akciğer hastalıklarının eşlik etmesi durumunda kullanılan bir terimdir(1). Son çalışmalar da; OSAS ve obstrüktif akciğer hastalığı birlikteliğine “OLDOSA sendromu” tanımlaması da kullanılmaktadır. Ancak en sık KOAHA ile birlikte görülmesinden dolayı OVS terimi daha çok OSAS ve KOAHA birlikteliğini tanımlamaktadır. İki klinik durumda da sigara, obezite, gastroözefageal reflü, enflamasyon ve artmış havayolu rezistansı gibi ortak risk faktörleri bulunmaktadır. Bu derlemede OSAS ve KOAHA birlikteliğinin klinik ve patofizyolojik özellikleri üzerinde duruldu.

### UYKU

Uyku; bireyin dış uyaranlara tepkisinin azaldığı bilinçsizlik durumu ve dinlenme hali olarak tanımlanmaktadır. Uykunun vücudunda psikolojik ve biyolojik açıdan bir yenilenme sağladığı çalışmalarda gösterilmiştir(2). Uyku esnasında beyindeki elektriksel aktiviteler EEG dalgaları şeklinde kaydedilir ve uyku evrelemesi yine EEG dalgalarına göre yapılır. AASM (American Academy of Sleep Medicine) 2007’de uyku ve uyku ile ilişkili olayların skorlanması için bir uzlaşma raporu hazırlamıştır. Buna göre uyku evre-

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