

# Sleep apnea and snoring



A 42-year-old man was evaluated for snoring and sleep apnea. Overnight polysomnography revealed 28 events per hour on the apnea–hypopnea index. To determine the site of obstruction and determine treatment, dynamic MRI with concurrent EEG monitoring in natural sleep was performed. We recorded 2 mechanisms of total occlusion: at the oropharyngeal level and due to movement of the uvula during snoring (videos 1 and 2).<sup>1</sup> Two different mechanisms suggested against surgical therapy; he was treated with a continuous positive airway pressure mask at 7 cm H<sub>2</sub>O, with a good outcome.

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