Apnea-hypopnea index in nonobese women with polycystic ovary syndrome

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Abstract

Objective

To assess the influence of polycystic ovary syndrome (PCOS) on respiratory events during sleep in nonobese Taiwanese women.

Method

Overnight polysomnography was recorded in 18 nonobese women with PCOS who had not received treatment (body mass index [BMI] 21.7 ± 0.57, age 29.1 ± 1.43 years) and in 10 age- and BMI-matched women without PCOS (BMI 20.9 ± 0.58, age 31.6 ± 3.87 years).

Results

The nonobese women with PCOS had a higher total apnea–hypopnea index (AHI) especially during the non-rapid eye movement stage (AHINREM) than the women who did not have PCOS. The women with PCOS had higher serum levels of high-sensitivity C-reactive protein (hsCRP) and this was positively correlated with AHIREM. Total testosterone level was positively correlated with AHINREM, and androstenedione was negatively correlated with AHINREM.

Conclusion

PCOS was directly linked to increased obstructive respiratory events during sleep in nonobese women in Taiwan.