

Dr. James E. Metz

Featured Sleep Literature Article

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On behalf of Dr. James E. Metz and The Metz Sleep Center, I regularly review literature for pertinent information pertaining to sleep-disordered breathing. As relevant information is found, we would like to share it with you! We hope this information will be helpful in your daily practice.

Sincerely, Dr. Mickey Harrison

A systematic review and quantitative assessment of sleep-disordered breathing during pregnancy and perinatal outcomes.

Ding et al,
Sleep Breathing, 2014;1-11

A meta-analysis was conducted to evaluate the association between sleep-disordered breathing during pregnancy and perinatal outcomes. A literature search was performed on PubMed, Springer Link, and EMBASE to identify all eligible studies published before August 2013. A total of 24 articles met the inclusion criteria for the meta-analysis. Summary odds ratios (ORs) and 95% confidence intervals (CIs) were derived using fixed or random effects model. The results illustrated that moderate to severe SDB during pregnancy was associated with gestational diabetes mellitus (OR:1.78, 95% CI 1.63 to 3.47); preeclampsia (OR:2.19, 95% CI 1.71 to 2.80); preterm delivery (OR:1.98, 95% CI 1.59 to 2.48); low birth weight (OR:1.75, 95% CI 1.33 to 2.32); neonatal intensive care unit admission (OR:2.43, 95% CI 1.61 to 3.68); intrauterine growth restriction (OR:1.44, 95% CI 1.22 to 1.71); and Apgar score less than 7 at 1 minute (OR:1.78, 95% CI 1.10 to 2.91) based on all studies but not gestational age and birth weight. Pregnant mothers and their unborn and newborn infants can be at increased risk for adverse events in the presence of moderate to severe sleep-disordered breathing.