

Association of Sleep Apnea and Type II Diabetes:  
A Population-based Study

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### **Abstract**

**Rationale:** Cross-sectional association has been reported between sleep-disordered breathing (SDB) and insulin resistance, but no prospective studies have been performed to determine whether SDB is causal in the development of diabetes. **Objectives:** The purpose of our study was to investigate the prevalence and incidence of Type II diabetes in subjects with sleep disordered breathing and whether an independent relationship exists between them. **Methods:** A cross-sectional and longitudinal analysis was performed in 1,387 participants of the Wisconsin Sleep Cohort. Full polysomnography was used to characterize SDB. Diabetes was defined in two ways: 1) physician-diagnosis alone or 2) for those with glucose measurements, either fasting glucose  $\geq 126$  mg/dl or physician diagnosis. **Measurements and Main Results:** There was a greater prevalence of diabetes in subjects with increasing levels of sleep-disordered breathing. 14.7% of subjects with apnea-hypopnea index (AHI)  $\geq 15$  had a diagnosis of diabetes compared to 2.8% of subjects with AHI  $< 5$ . The odds ratio (OR) for having a physician-diagnoses of diabetes mellitus with an AHI  $\geq 15$  vs.  $< 5$  was 2.30 (95% CI 1.28 – 4.11,  $p = 0.005$ ) after adjustment for age, sex, and body habitus. The OR for developing DM within 4 years with AHI  $\geq 15$  compared to AHI  $< 5$  was 1.62 (95% CI 0.67-3.65;  $p=0.24$ ) when adjusting for age, sex, and body habitus. **Conclusions:** Diabetes is more prevalent in SDB and this relationship is independent of other risk factors. However, it is not clear that SDB is causal in the development of diabetes.

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## **Introduction**

Sleep disordered breathing (SDB) and diabetes mellitus are prevalent diseases which share several risk factors including advanced age and obesity(1, 2). Diabetes was the sixth leading cause of death listed on U.S. death certificates in 2003, and is associated with a higher incidence of cardiovascular, cerebrovascular, and renal disease(3, 4). There is also mounting evidence that SDB may be an independent risk factor for cardiovascular and cerebrovascular disease(5). Interest in a potential independent link between the two diseases continues to grow.

Several studies have explored this relationship with conflicting results. Three recent studies demonstrated an inverse relationship between apnea-hypopnea index (AHI) and insulin sensitivity(6-9). The relationship was independent of body mass index (BMI) and age in all three. Another study found a relationship between fasting insulin levels and increasing AHI in patients with BMI $\geq$ 29 but not in those with lower BMIs(10). Finally, Stoohs and colleagues found the relationship between worsening insulin sensitivity and SDB in a group of 50 “healthy, normotensive individuals” was completely accounted for by increased BMI(11). The primary objective of these studies was to explore the relationship between insulin sensitivity, or surrogates thereof, and SDB at a single time point. The preponderance of evidence supports the theory that SDB independently contributes to a decrease in insulin sensitivity.

However, the relationship between SDB and diabetes is less understood and less well-studied. A few studies have attempted to evaluate the cross-sectional relationship with mixed results(12-15). Whether SDB contributes to the development of diabetes mellitus is also unknown. Two recent population studies using questionnaire-based research, found that reported “habitual” or

“regular” snoring was an independent risk for the development of diabetes(16, 17). These studies did not involve any objective measures of sleep apnea, leaving uncertainty about the relationship between SDB and diabetes mellitus. Although insulin resistance is a known risk factor for the development of diabetes and, as discussed above, there is evidence that SDB contributes to insulin resistance, the current body of evidence does not answer the question about whether SDB is an independent risk factor for developing diabetes. A more definitive understanding of the interaction between these diseases would provide important guidance to health care providers who manage them.

The purpose of our study was to investigate the prevalence and incidence of type II diabetes in patients with sleep disordered breathing and whether an independent relationship exists between them. This study is novel in its longitudinal design and use of full nocturnal polysomnography to evaluate sleep disordered breathing. Some of the results of these studies have been previously reported in the form of an abstract(18).

## **Methods**

### ***Participants***

Baseline and follow-up data from 1,387 participants in the Wisconsin Sleep Cohort, a population based longitudinal study of sleep disorders, were used for this investigation. The protocols and informed consent documents were approved by the Institutional Review Board of the University of Wisconsin Medical School. The design of the cohort is discussed elsewhere(2) and in the online supplement.

### ***Data Collection***

The overnight protocol included full polysomnography (Polygraph model 78, Grass Instruments, Quincy, MA) and standard anthropometric methods to obtain weight, height, waist girth, and other measures of body habitus. Details of the polysomnographic measurements and definitions can be found in the online supplement.

A questionnaire was completed at each visit, which included questions about personal health history, sleep habits and problems, and life-style. Participants who reported being diagnosed with diabetes by a physician provided the date of diagnosis and treatment.

The morning following the sleep study, a venipuncture was performed for fasting plasma glucose. The blood draw did not become part of the protocol until 1993 (the first follow-up visit for most subjects). Diabetes was defined in two ways: 1) report of physician-diagnosed diabetes alone **OR** 2) for those with glucose measurements, either fasting glucose  $\geq 126$  mg/dl or physician-diagnosed diabetes. They were further categorized as “Type I” if they were diagnosed before 30 years of age or had BMI  $< 25$  and were treated with insulin alone. They were categorized as “Type II” if their treatment regimen included oral hypoglycemic agents or they were managed with life-style modifications. We were interested in the relationship between sleep disordered breathing and Type II DM so we excluded Type I diabetics from the analysis.

### *Statistical Analysis*

All analyses were performed using SAS/STAT 9.1 (SAS Institute, Cary, North Carolina). Odds ratios for prevalent Type II diabetes (both definitions) with two levels of sleep-disordered breathing (AHI 5-15 and AHI  $\geq 15$ , both vs. AHI  $< 5$ ) were estimated using multiple logistic regression. To examine more severe SDB, we also examined odds ratios for diabetes with AHI  $\geq$

30 vs. AHI < 5. A linear contrast was used to test for trend. Generalized estimating equations with an exchangeable working correlation were used to account for within-subject correlation and to produce robust standard errors for hypothesis tests and confidence intervals. Odds ratios were examined with adjustment for sex and age only and with adjustment for body habitus measures. We found that waist girth was the body habitus measure with the best correlation with diabetes, which was consistent with a recent report(19). When including both BMI and waist girth in models of diabetes, BMI was no longer significant; therefore, we chose to use waist girth (with an interaction with sex when significant) as our body habitus measure. Other potentially confounding variables were examined to determine if they significantly changed the SDB-diabetes relationship.

To examine 4-year incidence of diabetes, subjects with diabetes at their first visit or with only a single visit were excluded from the data. Odds ratios of developing diabetes at the end of a 4-year period for two levels of SDB (measured at the beginning of the period) were estimated using multiple logistic regression. Generalized estimating equations were used to account for within-subject correlation for subjects with more than one at-risk 4-year period for developing diabetes. A similar procedure was used for 8-year incidence. We used subject “visits” rather than individuals to improve the power of our study to detect independent relationships.

## **Results**

1,387 subjects (2,524 visits) were included in the cross-sectional analysis. 41 subjects were excluded from the original sample of 1,428 subjects because of missing or insufficient data or Type 1 diabetes. Characteristics of the sample are shown in Table 1. The mean age of the group

was 49.0 years ( $\pm 8.3$ ) with a median BMI of 28.9 kg/M<sup>2</sup> (interquartile range 25.5, 33.3). 23% of subjects had an initial AHI  $\geq 5$  (26% of all visits).

The cumulative prevalence of Type II diabetes in the cross-sectional sample was 4.2% (see Table 2). There was a greater prevalence of diabetes in subjects with increasing levels of sleep-disordered breathing. 14.7% of subjects with AHI  $\geq 15$  had a diagnosis of diabetes compared to 2.8% of subjects with AHI  $< 5$ . When weighted for the original sampling scheme, the cumulative prevalence of diabetes mellitus was 3.6%.

The odds ratio (OR) for having physician-diagnosed diabetes mellitus with an AHI of 5-15 compared to an AHI of  $< 5$  was 1.83 (95% CI 1.07 – 3.11;  $p = 0.026$ ; see Table 3) when adjusted for age and sex. When comparing those with AHI  $\geq 15$  vs.  $< 5$ , the OR was 4.75 (95% CI 2.62 – 8.63;  $p < 0.0001$ ). When body habitus measures (waist girth and waist girth \* sex interaction) were included in the model, the OR for mild SDB (AHI 5-15) was no longer significant (OR = 1.25, 95% CI 0.75 – 2.07,  $p = 0.40$ ). Although there was attenuation of the odds ratio for more severe SDB (AHI  $\geq 15$ ), it remained statistically significant with an OR of 2.30 (95% CI 1.28 – 4.11,  $p = 0.0052$ ). When comparing those with AHI  $\geq 30$  to those with AHI  $< 5$ , the OR was 3.48 (95% CI 1.69-7.18,  $p=0.0007$ ); there was also a significantly increasing trend ( $p = .0009$ )).

To provide a more inclusive definition of diabetes, we also did cross-sectional analysis defining diabetes as either fasting glucose of  $\geq 126$  or of physician- diagnosed diabetes. Because we did not start collecting blood glucose until 4 years after the initiation of the cohort, we had fewer subjects and observations (1552 visits from 1117 subjects). When adjusted for age, sex, and body habitus, the OR for having DM with an AHI of 5-15 compared to  $< 5$  was 1.14 (95% CI 0.76 – 1.71;  $p = 0.54$ ). The odds ratio for DM with an AHI  $\geq 15$  vs.  $< 5$  was 1.67 (95% CI 1.04 –

2.67;  $p = 0.03$ ). The results were similar when comparing  $\text{AHI} \geq 30$  vs.  $<5$  (1.79 95% CI 1.02-3.12;  $p=0.04$ ; test for trend:  $p = 0.026$ )

Our longitudinal analysis included 978 subjects (representing 1,857 4-year follow-up periods) from the larger cohort who reported no diagnosis of diabetes on the first visit of each four-year period and had at least one follow-up visit. The odds ratio for having a diagnosis of DM on a follow-up visit for those with an initial AHI of 5-15 compared to those with  $\text{AHI} <5$  when adjusting for age and sex was 2.81 (95% CI 1.51-5.23,  $p=0.001$ ; see Table 4). The odds ratio decreased to 1.56 when adjusted for age, sex, and body habitus and this was no longer significant (95% CI 0.80 – 3.02;  $p = 0.19$ ). Similarly, the OR for developing DM with  $\text{AHI} \geq 15$  compared to  $\text{AHI} <5$  was 4.06 (95% CI 1.86-8.85;  $p=0.0004$ ) with adjustment for age and sex but decreased to 1.62 when body habitus measures were included in the model. The confidence interval included unity and thus the OR was no longer statistically significant (95% CI 0.67 – 3.65;  $p = 0.24$ ).

When using a more severe degree of SDB ( $\text{AHI} \geq 30$  vs.  $<5$ ) the results were essentially unchanged and there was no significant trend. Using the alternative definition of diabetes (physician-diagnosed diabetes or fasting glucose  $\geq 126$  mg/dl), neither level of SDB was a significant risk for developing DM when adjusted for age and sex only or with additional adjustment for body habitus (Table 5); the test for trend was also not statistically significant. We also looked at 8-year incidence data and found similar results (data not shown).

In an attempt to control for sleep deprivation as a mechanism for a relationship between SDB and DM, we included the objective measure of “total sleep time” from PSG analysis as well as the subjective report of “usual sleep time” from questionnaire data in the longitudinal and cross-sectional analyses. Recently it was demonstrated that reported sleep time of  $< 6$  hours was

independently associated with prevalent diabetes, however similar to the report of Punjabi et al., including objective and subjective measures of sleep time in the model did not explain the relationship(8, 20). We also examined sleepiness using an Epworth Sleepiness Scale score of 11 or greater to determine if more symptomatic participants had a higher risk of developing diabetes. There was no significant change in the odds ratios for the two AHI levels in either the cross-sectional or longitudinal models when sleepiness was included in the models.

The majority of subjects with SDB in the cohort have not been diagnosed with obstructive sleep apnea syndrome and do not use CPAP. If, as hypothesized, SDB does lead to a greater likelihood of developing DM, CPAP use might reduce the effect of SDB. . However, excluding the 37 subjects who began using CPAP resulted in no significant change in our findings. Similarly, controlling for smoking did not alter any of the above results.

## **Discussion**

The Wisconsin Sleep Cohort provided a unique opportunity to investigate the relationship between diabetes and SDB with both a cross-sectional and prospective designs. In the cross-sectional study, we found that self-reported diabetes was three to four times more prevalent in subjects with  $AHI \geq 15$  than in those with  $AHI < 5$ . An independent relationship remained even after controlling for shared risk factors such as age, gender, and body habitus. A significant independent association was also found when we used a more inclusive definition of diabetes that included either physician-diagnosis or elevated fasting blood glucose. However, we did not find a statistically significant independent causal effect in the development of Type II diabetes in our prospective analysis. The incidence of diabetes over a four-year follow-up period was not

significantly related to the severity of SDB at the time of initial enrollment in the cohort when shared risk factors were taken into account.

Similar to Punjabi et al.(8), we were not able to demonstrate that including measures of sleep time in the model explained the relationship. Although all hypopnea events were marked by oxyhemoglobin desaturation of 4% or greater, we did not have data expressed as the percentage of sleep time at or below oxygen saturation cut points. Others have demonstrated an association between overall desaturation exposure and impaired glucose utilization (6, 7). However, many cardiovascular and respiratory diseases and conditions can contribute to lower oxygenation during sleep, so these associations do not necessarily reflect effects of sleep-disordered breathing.

To our knowledge, our study is the first to look longitudinally at a large cohort of subjects with full PSG-evaluated SDB to determine if higher levels of SDB resulted in a greater likelihood of developing diabetes. Previous prospective studies have used snoring as a surrogate for SDB without the benefit of nocturnal PSG.(16, 17). The conclusion from these previous studies is that snoring is an independent risk factor for the development of diabetes. It is unlikely that the subjects categorized as having “habitual” and “regular” snoring had worse SDB (i.e. AHI>50) compared to the group we studied; the specificity of snoring for severe sleep disordered breathing is not high(21, 22). While we cannot be sure of the reason for the disparity with the previous studies, use of PSG allowed a more precise quantification of the magnitude of SDB and its relationship to the development of diabetes over time.

We must reconcile our findings of an association of SDB with diabetes in the cross-sectional study, and the lack of an independent causal effect in the prospective, longitudinal analysis.

Several cross-sectional studies have indicated that increasing levels of AHI are independently associated with worsened insulin resistance and glucose intolerance(6-9). There have been no prospective studies done that demonstrate a causal relationship between SDB and insulin resistance. Diabetes is often preceded by a “pre-diabetic” state including insulin resistance, impaired glucose tolerance, and possibly impaired fasting glucose, but the progression from one of these conditions to diabetes is variable and not well defined(23-26). It is possible that SDB does independently impair the body’s use of glucose without altering the progression to diabetes mellitus. One widely accepted theory on the development of Type II DM is that insulin resistance precedes DM and in certain individuals, some of whom may have a genetic predisposition, the insulin secretion falters and diabetes ensues(27). SDB may not affect this last step, independent of other factors such as increased obesity, age, or genetic predisposition.

One potential conclusion from our data is that SDB contributes to weight gain and obesity and this leads to an increased risk of developing diabetes. It may be that persons with SDB gain more weight, especially centrally, than those without sleep apnea which would lead to an increased incidence of diabetes. Whether those with SDB become more obese than matched controls is uncertain(28-31). Sleep curtailment has been shown to increase appetite(32). In addition, it has been shown that people with untreated obstructive sleep apnea (OSA) had higher leptin levels suggesting that OSA is associated with resistance to the weight reduction effects of leptin(29). There is some biological plausibility to the possibility that sleep apnea results in increased weight gain(29). Other possibilities for our findings include some predisposing risk factor, such as a genetic predisposition, that leads to an increased likelihood of developing diabetes and sleep disordered breathing in parallel. Additionally, half of the participants with diabetes had preexisting diabetes when they enrolled in the cohort and were excluded from the

longitudinal analysis of incident diabetes. It is possible that the most “susceptible” subjects had already developed diabetes, leaving those more “resistant” to the adverse metabolic effects of sleep apnea in the prospective analysis. Prospective studies of younger cohorts may be needed to determine if the effects of SDB occur earlier in the natural history of diabetes. It has been tempting to speculate that because the preponderance of evidence supports worsened insulin sensitivity and glucose utilization in those with sleep disordered breathing that this would lead to more diabetes. However, our data does not clearly support this and it underscores the complexity of the pathway from insulin resistance to the diabetic state and the difficulty in predicting who will go on to develop diabetes(33). It is important to remember that the studies looking at SDB and insulin resistance have been cross-sectional in design. There are no published prospective studies demonstrating an increased propensity for persons with SDB to develop insulin resistance or glucose intolerance.

Finally, diabetes may be causal in the development of sleep disordered breathing, as some have hypothesized. An analysis of the Sleep Heart Health Study found that diabetics had more episodes of periodic breathing than did non-diabetics(15). In addition, several smaller studies have looked at whether diabetics are more likely to have disordered breathing during sleep. It has been proposed that the autonomic dysfunction that may occur in those with diabetes mellitus could lead to this breathing instability(34-38). There are not enough subjects in our cohort with diabetes at baseline to have adequate power to examine whether they are more likely to develop SDB or have worsening of their AHI. It is possible that diabetes, either by autonomic instability or some other undefined mechanism including an inflammatory process, may lead to more breathing abnormalities during sleep. Alternatively, the leptin-resistance noted in OSA could be a potential mechanism for nocturnal respiratory instability since leptin deficiency has been

associated with depressed respiratory control(39). If diabetes predisposes to the development of SDB, this could explain why we see a statistically significant cross-sectional relationship but no clear evidence that SDB independently predisposes to developing diabetes.

Our study has several limitations. First, our classification of diabetes does not meet the American Diabetes Association's clinical criteria but is an accepted method for epidemiological studies(40). We used report of physician-diagnosed diabetes, supported by details of the date of diagnosis and treatment, and/or fasting glucose rather than glucose tolerance testing which may have resulted in misclassification. We had fewer subjects with fasting glucose data but when using either physician-diagnosed diabetes or fasting glucose to define a diagnosis of "diabetes" we found similar results. A second limitation is that we had a relatively small number of participants in the cohort who developed diabetes during follow-up. Diabetes is a multifactorial disease and if sleep apnea only contributes a small additional risk we may not have had enough subjects to demonstrate a statistically significant risk. Further, we may not have had a severe enough exposure group to demonstrate a statistically significant risk that may exist with more severe SDB. Approximately 4% of studies were in the category of  $AHI \geq 30$ . A third concern is the possibility of a latent period that could extend beyond the duration of our study. We found no difference in the 8-year incidence data compared to the 4-year data but even 8 years may not have been long enough to demonstrate an exposure effect. A final limitation is that we were not easily able to separate our subjects with SDB into those with purely obstructive disease versus more central or mixed patterns of disease which may have allowed us to see if a particular type of SDB was more associated with diabetes as some have proposed(15). However, the prevalence of central sleep apnea in other population studies is extremely low(15, 41). Since the average age of our sample was lower, we expect an even lower prevalence of central sleep apnea.

Furthermore, this type of classification would be more important if we were looking at diabetes as a cause of sleep disordered breathing. Because our study population was 96% Caucasian, it is uncertain whether our findings can be generalized to other racial groups; the role of SDB in the development of diabetes may differ in other ethnic groups. There are ethnic groups with a greater prevalence of diabetes even at lower BMIs. Sleep apnea may have a different effect in these populations(42, 43).

Diabetes and sleep-disordered breathing are two common conditions that are associated with significant morbidity. Although our data do not provide evidence for a causal link between these two conditions, the findings from our population-based investigation have clinical relevance. The strong association of SDB with diabetes supports the need for a lower threshold for sleep evaluation referral in diabetic patients as well as vigilance in those taking care of patients with sleep disordered breathing to consider the possibility of concurrent diabetes. Furthermore, treatment of sleep apnea improves insulin sensitivity and could benefit the metabolic profiles of these patients although this is not well defined (44-47). Thus, treatment of SDB in patients with diabetes may still be beneficial, whether SDB has an indirect or direct role.

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**Table 1.** Characteristics of the cross-sectional sample, 2517 visits from 1382 participants (779 men, 603 women).

	AHI < 5	AHI 5-15	AHI ≥ 15	All
Observations (N, %All)	1861 (73.7%)	414 (16.4%)	249 (9.9%)	2524
Age, years: mean (SD)	48.0 (8.0)	51.7 (8.2)	52.1 (8.3)	49.0 (8.3)
BMI: median (Q1, Q3)	27.9 (24.7, 31.7)	32.0 (27.8, 36.6)	34.2 (30.7, 39.9)	28.9 (25.5, 33.4)
Waist girth (cm)				
Women: mean (SD)	89.1 (15.7)	102.0 (14.9)	114.5 (16.4)	92.1 (17.1)
Men: mean (SD)	97.1 (11.3)	105.2 (12.6)	111.7 (15.1)	100.6 (13.2)
Total sleep time (hrs): mean (SD)	6.2 (1.0)	6.3 (1.0)	6.0 (1.1)	6.2 (1.0)
Usual sleep (hrs): mean (SD)	7.1 (0.9)	7.2 (0.9)	7.1 (1.1)	7.1 (0.9)
Exercise per week (hrs): mean (SD)	2.5 (2.9)	2.0 (2.7)	2.1 (3.1)	2.4 (2.9)
Current cigarette smoker : N (%)	323 (17.4)	70 (16.9)	37 (14.9)	430 (17.1)

**Table 2.** Diagnosed Type II Diabetes by initial AHI status.

Initial AHI	N	Type II Diabetes Diagnosis		
		N (%)		
		Initial	Follow-up	Cumulative
< 5	1072	17 (1.6%)	13 (1.2%)	30 (2.8%)
5-15	199	6 (3.0%)	5 (2.5%)	11 (5.5%)
≥ 15	116	9 (7.8%)	8 (6.9%)	17 (14.7%)
All	1387	32 (2.3%)	26 (1.9%)	58 (4.2%)

**Table 3.** Odds ratios for prevalent, physician-diagnosed diabetes for two levels of sleep-disordered breathing.

	Odds Ratio	95% Confidence Interval	p-value
Adjusted for sex and age			
AHI 5-15 vs. AHI < 5	1.83	1.07 – 3.11	0.026
AHI $\geq$ 15 vs. AHI < 5	4.75	2.62 – 8.63	<0.0001
Adjusted for sex, age and body habitus*			
AHI 5-15 vs. AHI < 5	1.25	0.75 – 2.07	0.40
AHI $\geq$ 15 vs. AHI < 5	2.30	1.28 – 4.11	0.005

\*Body habitus measures: waist girth and waist girth \* sex interaction

**Table 4.** Odds ratios for four-year incidence of physician-diagnosed diabetes for two levels of sleep-disordered breathing.

	Odds Ratio	95% Confidence Interval	p-value
Adjusted for sex and age			
AHI 5-15 vs. AHI < 5	2.81	1.51 – 5.23	0.001
AHI ≥ 15 vs. AHI < 5	4.06	1.86 – 8.85	0.0004
Adjusted for sex, age and body habitus*			
AHI 5-15 vs. AHI < 5	1.56	0.80 – 3.02	0.19
AHI ≥ 15 vs. AHI < 5	1.62	0.67 – 3.65	0.24

\*Body habitus measures: waist girth

**Table 5.** Odds ratios for four-year incidence of fasting glucose  $\geq 126$  or physician-diagnosed diabetes for two levels of sleep-disordered breathing.

	Odds Ratio	95% Confidence Interval	p-value
Adjusted for sex and age			
AHI 5-15 vs. AHI < 5	1.75	(0.93, 3.29)	0.08
AHI $\geq 15$ vs. AHI < 5	1.88	(0.73, 4.83)	0.19
Adjusted for sex, age and body habitus*			
AHI 5-15 vs. AHI < 5	1.00	(0.49, 2.02)	0.85
AHI $\geq 15$ vs. AHI < 5	0.91	(0.36, 2.33)	0.85

\*Body habitus measures: waist girth

Association of Sleep Apnea and Type II Diabetes:  
a Population-based Study

Kevin J. Reichmuth MD, Diane Austin, MS, James B. Skatrud MD, Terry Young PhD

Online Supplement

*Wisconsin Sleep Cohort.* Full details can be found elsewhere<sup>1</sup>, but in brief, employees, ages 30-60 years, of 5 state agencies in south-central Wisconsin were initially surveyed in 1988 to create a defined sampling frame to undergo an extensive laboratory protocol. A weighted sampling scheme, with over sampling of habitual snorers was used to increase the variability in sleep-disordered breathing. When appropriate, the weighted sampling is accounted for in the analyses.

*Polysomnography measurements.* Polysomnographically-measured parameters included: electroencephalography, electrocardiography, electrooculography, and tibial electromyography. Noninvasive sensors measured oral airflow (end-tidal CO<sub>2</sub> gauge), nasal airflow (thermocouples), continuous pulse oximetry (Ohmeda 3740 Englewood, CO), and inductance plethysmography for thoracic and abdominal respiratory effort (Respirace, Ardsley, NY). Calculated parameters included the apnea-hypopnea index (AHI). Apnea was defined as cessation of airflow for at least 10 seconds and hypopnea was defined as a decrease in airflow with at least a 4% desaturation. Total sleep time (TST) was defined using the sleep staging criteria of Rechtschaffen and Kales<sup>2</sup>.

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