



Online Continuing Education Courses  
www.OnlineCE.com



AOTA Approved Provider #4023

---

**Course Title: Breathing Essentials 204**

**Course Subtitle:** Sleep Apnea

**Course Description:** This 1-hour seminar discusses the two types of sleep apnea; Central Sleep Apnea and Obstructive Sleep Apnea. A detailed discussion of the physiology of breathing during sleep and control of breathing during sleep will be presented. The causes and treatment of Central Sleep Apnea will be examined. Obstructive sleep apnea risk factors, causes and treatments including specific exercises will be outlined.

**Target Audience:** OT/OTA, PT/PTA and other healthcare professionals

**Course Length:** 1 hour

**Course Author/Instructor:** Debra Dent, BPT, Dip Manip, PT, OCS, FCAMPT

**Educational Level:** Introductory, Intermediate, Advanced

The course is written at the intermediate level, but learners of all levels will benefit from the information.

**Course Objectives:**

At the end of the course, participants will be able to:

- Name and describe the different types of sleep apnea.
- Describe the three levels of Apnea-hypopnea index AHI.
- List five symptoms of sleep apnea.
- List two treatments for sleep apnea.

**Outline of Content:**

**Hour #1**

Sleep Apnea AHI index

Sleep stages

Control of breathing during sleep

Physiology and anatomy of sleep apnea

**Hour #2**

Central Sleep Apnea causes and treatments

Obstructive Sleep Apnea risk factors and mechanics

History and present studies on sleep apnea prevalence  
Approaches to resolution of sleep apnea, exercises

**Instructional Methods and Formats:**

Online course available 24/7 at [www.OnlineCE.com](http://www.OnlineCE.com) includes PDF downloadable course. See course formats for additional details.

**Course Completion Requirements:**

A minimum passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course, you will receive your certificate of completion and AOTA eligible CEUs.

**AOTA Classification Codes:**

Category 1: Domain of OT

Category 2: Occupational Therapy Process

Category 3: Professional Issues

**Additional Policies:**

OnlineCE Policies are available by clicking on the tab – Policies – located in the left-hand navigation bar.

*OnlineCE.com is an AOTA Approved Provider of continuing education. AOTA does not endorse specific course content, products, or clinical procedures.*