



Course Title: Breathing Essentials 204 – 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 and other healthcare professionals

Course Type: Video vs. Text-based

Educational Level: Beginner, Intermediate, Advanced

CE Hours: 2 contact hour / .2 ceu

Course Prerequisites: None

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

Learning Objectives:

- 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.

Agenda

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

Course Completion Requirements:

A 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 and completing a satisfaction survey, you will receive your certificate of completion.

Additional Course Information

Course Registration: Register for Free at www.OnlineCE.com. Once registered, you can begin to purchase courses. Contact info@onlinece.com for special needs requests and assistance.

Refund Policy: There will be no refunds for courses taken at OnlineCE.com or monies deposited into My CE Bank. Any money on account will be used for taking future courses. If you start a course in error, or if you are dissatisfied with a course, please contact us in the first part of the course and we will void the course and you can select a replacement course.

Cancellation Policy: Only available courses are offered online and on-demand and available for purchase. No registration fees are collected for courses that are not provided on-demand. Due to the online and on demand format, courses are not cancelled.

Course Date and Location: This is an independent course that is available 24/7 on-demand at www.OnlineCE.com.

Required Materials and Equipment: Courses offered on OnlineCE.com can be accessed on any type of computer or device. No special software is required but we do recommend the use of the Chrome Browser (recommended, not required). All course materials are contained within the courses and no prerequisites are required.



OnlineCE.com is an AOTA Approved Provider of professional development, #4023. Course approval ID#4023. This distance learning-independent course is offered at .2 CEUs. Intermediate educational level, category foundational knowledge. AOTA does not endorse specific course content, products, or clinical procedures.



OnlineCE.com is an NBCOT Professional Development Provider. This course is offered for 2.50 NBCOT PDUs. NBCOT® is a registered trademark of the National Board for Certification in Occupational Therapy.