

ABSTRACT

The most important cause of obstructive sleep apnea is obesity leading to excessive fat storage in the soft palate, tongue and oropharyngeal area. This condition results in the collapsibility of the airways, resulting in suspension of breathing (= apnea).

The main task of this work in its theoretical section is to describe the relationship between obesity and breathing disorders. The purpose of the practical part is to show the characteristic symptoms of sleep apnea syndrome, to determine eating habits and learn about the lifestyle of patients who are diagnosed with sleep apnea syndrome.

To obtain the data for this work a quantitative method of research was used in form of written guided interviews. The questionnaire was completed by 20 respondents.

The results showed that all respondents face typical symptoms of obstructive sleep apnea. It was also obvious that all participants in the survey suffer from higher degree of obesity. Even though the result is not supported by the facts relating to the consumption of various food commodities, body mass index clearly shows obesity.

Because of irrelevant results based on answers regarding the consumption of individual food elements, proper patient education is crucial.

Keywords:

respiratory disorders, obesity, obstructive sleep apnea syndrome, eating habits, diet