

Differential Diagnosis of Nocturnal Respiratory Symptoms

Obstructive Sleep Apnea (OSA)

Disrupted breathing due to an airway blockage

Central Sleep Apnea (CSA)

Intermittent or rotating pauses in breath

Obesity Hypoventilation Syndrome

Excessive amounts of carbon dioxide and insufficient oxygen in the blood, resulting in poor breathing

Asthma

Chronic inflammation of the airways

Chronic Obstructive Pulmonary Disease (COPD)

Main forms are chronic bronchitis and emphysema

Allergic rhinitis

An allergic reaction to particles you breath; allergies

Congestive Heart Failure

The heart cannot successfully pump blood to the rest of the body

Coronary Heart Disease

The result of plaque buildup in coronary arteries

Nocturnal Panic Disorder

Sudden waking characterized by difficulty breathing, hyperventilation and a rapid or irregular heartbeat

Nocturnal Reflux with Aspiration

Acid reflux disease that occurs during the night

Laryngospasm

Related to Gastroesophageal reflux disease, occurs when the vocal cords seize up and block air flow into the lungs

Sino-pulmonary Infection with nocturnal pooling of secretions

Paranasal sinus infection secreting from blood or sells when asleep

Neuromuscular Weakness affecting the diaphragm

Motor neuron disease causes decreased diaphragmatic strength

