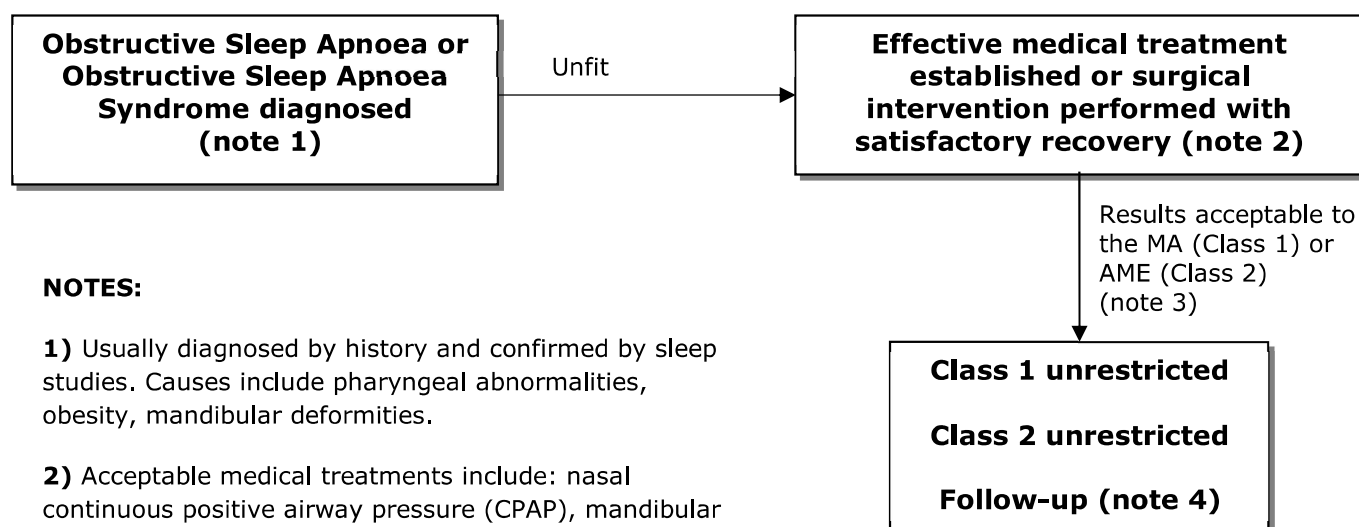


## Flowchart – Obstructive sleep apnoea (OSA)/OSA syndrome certification



### NOTES:

**1)** Usually diagnosed by history and confirmed by sleep studies. Causes include pharyngeal abnormalities, obesity, mandibular deformities.

**2)** Acceptable medical treatments include: nasal continuous positive airway pressure (CPAP), mandibular splinting. Surgical procedures: contact Medical Assessor for advice. If CPAP is used, it should be utilised for at least 5 hours per night and for 6 nights per week. It must be used during the sleep period just prior to flight. Full benefit from CPAP usually takes 6 weeks of use. The machine usage report should be assessed by the Medical Assessor (Class 1) or AME (Class 2) with any clinical reports. Applicants with excess cardiovascular risk shall undergo cardiological evaluation.

**3)** Epworth Sleepiness Scale score should be less than 10. In cases of doubt, a Multiple Sleep Latency Test should be performed.

**4)** Pilots are not to fly if they experience any problems with their treatment or experience a recurrence of their symptoms and/or an Epworth Sleepiness Scale score is greater than or equal to 10. If CPAP is used, the machine usage report should be submitted to the AME (initially every 3 months for the first year) together with copies of your flying logbook for the same period to demonstrate compliance with (2) above.

### EPWORTH SLEEPINESS SCALE

Use the following scale to choose the most appropriate number for each situation: 0 = would *never* doze or sleep, 1 = *slight* chance of dozing or sleeping, 2 = *moderate* chance of dozing or sleeping, 3 = *high* chance of dozing or sleeping.

Situation	Chance of dozing or sleeping
Sitting and reading	
Watching TV	
Sitting inactive in a public place	
Being a passenger in a motor vehicle for an hour or more	
Lying down in the afternoon	
Sitting and talking to someone	
Sitting quietly after lunch (no alcohol)	
Stopped for a few minutes in traffic while driving	
<b>Total score (add the scores up)</b>	