

Sleep apnoea in Singapore

1 in 3

have moderate to severe sleep apnoea

1 in 10

have severe sleep apnoea

Prevalence of moderate to severe sleep apnoea by race

Chinese

32.1%

Malay

33.8%

Indian

16.5%

Top disorders that sleep apnoea patients may have

- Drug-resistant hypertension
 - Obesity
 - Congestive heart failure
 - Type 2 diabetes
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