



## Sleep Apnea and Intermittent Hypoxia 2.0

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Deadline for manuscript  
submissions:

**closed (1 December 2021)**

### Message from the Guest Editor

Sleep apnea syndrome (SAS) is a clinical syndrome characterized by repeated episodes of pharyngeal obstruction during sleep that leads to intermittent hypoxia (IH), sleep fragmentation, and excessive daytime sleepiness. It is a highly prevalent disorder, affecting about 14% of men and 5% of women, and its prevalence is rapidly rising because of its strong association with obesity. There is increasing evidence of an independent association of SAS with metabolic dysfunction, and, in particular, with alterations in glucose metabolism. Subjects with SAS seem to be at greater risk of developing type 2 diabetes mellitus, insulin resistance, and metabolic syndrome, an association that seems to be, at least in part, irrespective of the degree of obesity. Indeed, SAS and obesity may exert synergistic negative effects on glucose metabolism. However, there are few molecular studies about SAS/IH. The aim of this Special Issue is to provide new findings regarding the molecular events in SAS/IH, as well as their mechanisms.





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