



Sleep apnoea and Chiropractic care

What does the research say?

Research suggests:

- Chiropractic care may support muscle tone and posture, factors affecting sleep apnoea severity.
- Reduction in CPAP use by sleep apnoea patients has been noted following chiropractic care.
- Multidisciplinary approaches, including diet changes, may be effective in managing sleep apnoea.
- Chiropractic care may improve disrupted sleep in children with hypertrophy of adenoids and tonsils.

Further reading in this area:

1. Masarsky, C. 2023. Introduction Modifiable and Non-Modifiable Risk Factors Obstructive Sleep Apnea, Gender, and Tone. *Asia-Pac Chiropr J*, 3(4), 7
2. Saldiran, I., Kara, İ., Yikilmaz, S. & Durgun, M. (2022). Influence of Body Posture and Apnea Severity on the Tone and Elasticity of Upper Airway Muscles in Awake Patients With Obstructive Sleep Apnea: A Cross-Sectional Study. *J Manipulative and Physiol Ther*, 45(5), 365-377.
3. Dobson, G., Blanks, R., Boone, W. & McCoy, H. 1999. Cervical Angles in Sleep Apnea Patients: A Retrospective Study. *Ann Vert Sublux Res*, 3(1), 9-23
4. Jockers, D. & Waite, G. 2014. Resolution of obstructive sleep apnea in a patient undergoing corrective chiropractic care: A case study. *Ann Vert Sublux Res*, Winter;2014(1), 8-15
5. Hopper, D. & Cramer, G. 2023. Conservative treatment using chiropractic care and orofacial myofunctional therapy for obstructive sleep apnea: A case report. *J Chiropr Med*, 22(3), 234-238
6. Shtulman, I., Collins, C. & Alcantara, J. 2019. Resolution of adenotonsillar hypertrophy, associated sleep disordered breathing and avoidance of surgery following chiropractic care: A case study and review of the literature. *J Pediatr Matern & Fam Health - Chiropr*, 95-99