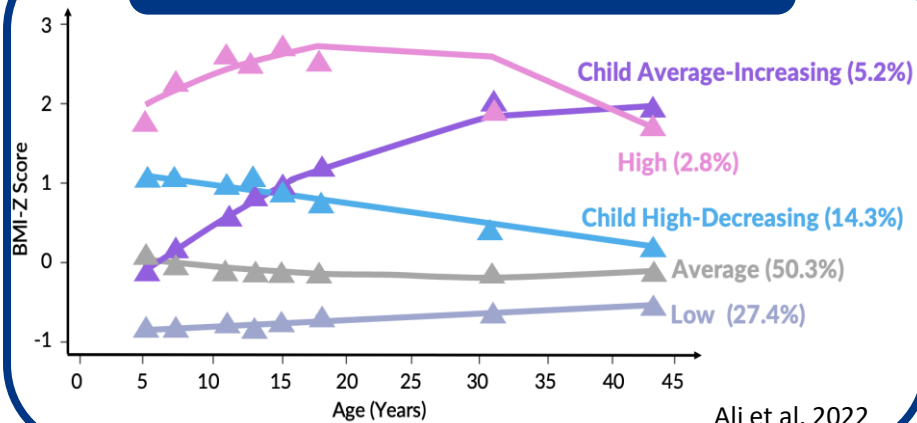


Early-to-midlife body mass index (BMI) trajectories and obstructive sleep apnoea (OSA) risk 10 years later

Exposure (BMI trajectories)



Outcome (OSA)

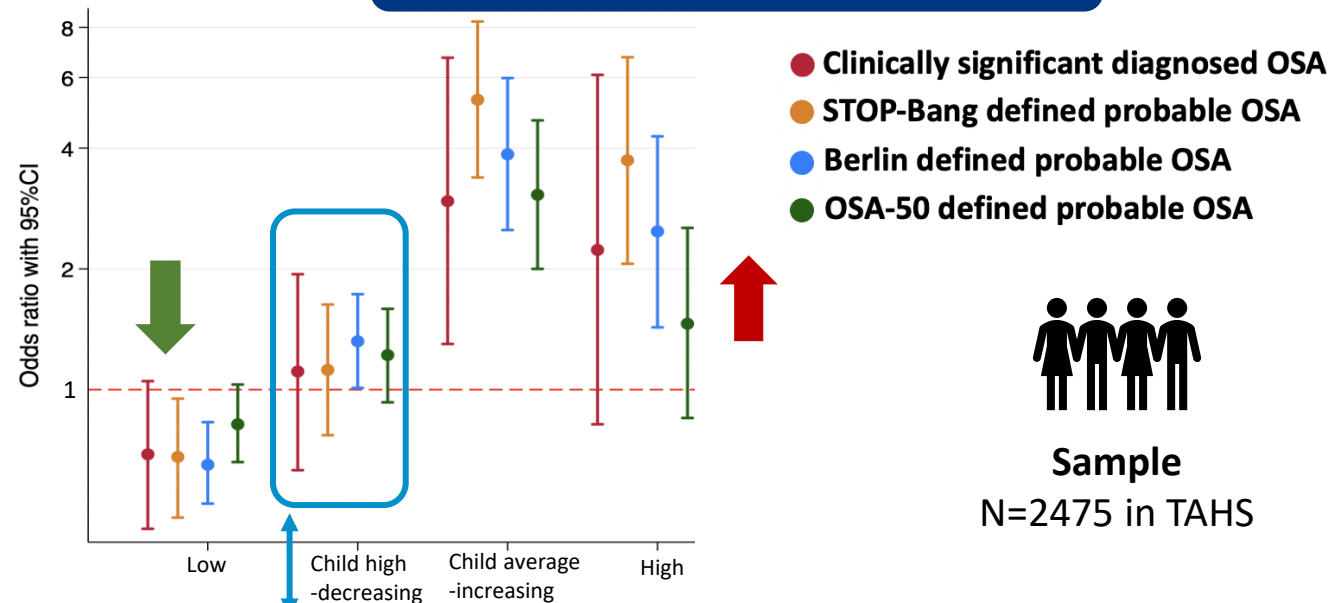
❖ Probable OSA defined using questionnaires

- STOP-Bang
- Berlin
- OSA-50



❖ Clinically significant diagnosed OSA

Key Findings & Implications



- **Being obese in childhood itself does not necessarily increase the risk of adulthood OSA, if weight is subsequently reduced !**
- Physicians and the public should be aware of the potential risk of OSA in middle-aged adults when BMI is **persistently high** or **continuously increasing** from childhood to mid-40s.
- Maintaining a **normal weight** throughout life would be beneficial in reducing the risk of OSA.