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**REVIEW**

# Current health care burden of sleep disorder in Vietnam and the role of Vietnam Society of Sleep Medicine

## *Charge de santé actuelle des troubles du sommeil au Vietnam et rôle de la Société Vietnamiennne de la Médecine du Sommeil*

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### ABSTRACT

Sleep disorders have been recognized only recently as an important public health concern in Vietnam. In the general report, sleep disorder has been recognized as sleep deprivation, insomnia, snoring at night, and daytime sleepiness or obstructive sleep apnea (OSA). While sufficient sleep is necessary, many Vietnamese reported that they are feeling like they are not getting enough sleep; some others suffer from chronic insomnia. However, the problem remains underdiagnosed and treated because individuals with excessive daytime sleepiness or insomnia at night seek help from health care providers only when their sleep problem interferes with their work or social performance generally.

It is obvious that the estimated prevalence of insomnia and OSA is still high in Vietnam. Unfortunately, OSA is a common disorder that can present with or without symptoms and accompanied by major neurocognitive and cardiovascular consequences. There is generally little awareness of OSA, and diagnostic and treatment options are often not available or have not been adapted for resource-poor settings. Because of the multifactorial and social consequences of OSA, this kind of sleep disorder is associated with a high health care and economic-social burden. Evidence suggests that OSA is an important contributor to poor health outcomes and that treatment of this condition is generally beneficial in minimizing the associated adverse clinical outcomes and improving sleep-related quality of life.

Thus, the national guidelines done by Vietnam Society of Sleep Medicine (VSSM) focusing on accurate diagnosis and effective treatment of subjects with OSA might be one perfect approach for reducing associated health-care costs and the negative impact of this sleep disorder.

**KEYWORDS:** Sleep disorder; Obstructive sleep apnea; Insomnia.

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