accepted it, 64% removed the prongs over the course of the night.

The aim of the current study was to evaluate a non-contact method to monitor respiration by developing infrared thermal imaging, whereby temperature fluctuations associated with respiration are measured and correlated with airflow.

Methods 11 healthy adult volunteers participated following University Ethics. Respiratory signals were recorded over four simulated apnoea scenarios resembling normal respiration; central; obstructive and hypopnoeic pauses. Simulated apnoeas were measured via nasal pressure cannula and respiratory inductance bands [SOMNOtouch™ RESP; SOMNOmedics, Germany] versus thermal imaging techniques.

Results 70% of the apnoea episodes correlated with airflow sensor readings (Example trace in figure 1). In 16% of recordings the subject’s head position did not allow correct identification of the region of interest (i.e. the nostrils). For the remaining 14% of cases there was partial agreement between the thermal measurements and nasal pressure readings.

Discussion These results indicate thermal imaging may be valuable as a detection tool for sleep apnoea, particularly in the case of paediatric patients whose tolerance for contact nasal sensors is poor.

REFERENCE

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DIFFERENCES IN GENETIC RISK FOR INSOMNIA, HYPERSOMNIA AND CHRONOTYPE IN BIPOLAR DISORDER SUBTYPES

Katie JS Lewis*, 1 Alexander Richards, 2 Robert Karlsson, 3 Ganna Leonenko, 4 Samuel E Jones, 5,6 Hannah Jones, 7 Katherine Gordon-Smith, 8 Liz Forty, 1 Valentina Escott-Price, 9 Michael J Owen, 10 Michael N Weedon, 11 Lisa Jones, 12 Nick Caddock, 13 Ian Jones, 14 Mikael Landén, 15 Michael C O’Donovan, 16 Arianna Di Florio, 17 Medical Research Council (MRC) Integrative Epidemiology Unit (IEU), University of Bristol, Bristol, UK 18 National Centre for Mental Health, Cardiff University, Cardiff, UK; 19 Department of Medical Epidemiology and Biostatistics, Karolinska Institutet, Stockholm, Sweden; 20 Genetics of Complex Traits, University of Exeter Medical School, Exeter, UK; 21 Centre for Academic Mental Health, Population Health Sciences, Bristol Medical School, University of Bristol, Bristol, UK; 22 Medical Research Council (MRC) Integrative Epidemiology Unit (IEU), University of Bristol, Bristol, UK; 23 NHRI Biomedical Research Centre at University Hospitals Bristol NHS Foundation Trust and the University of Bristol, Bristol, UK; 24 Department of Psychological Medicine, University of Worcester, Worcester, UK; 25 Institute of Neurophysiology and Psychology, Sahlgrenska Academy at the Gothenburg University, Gothenburg, Gothenburg, Sweden

Introduction Inpatient full polysomnography (PSG) is the gold standard diagnostic to identify obstructive sleep apnoea syndrome (OSAS)1. Due to healthcare resources and utilisation many sleep centres employ limited multichannel sleep testing (MC) at the patient’s home. Both diagnostic tests provide measurements of oxygen desaturation index (ODI), apnoea-hypopnoea index (AHI) and oxygen saturation (SpO2). The sleep studies however are subject to factors that may influence sleep quality, including environmental effects (location of performance and staff versus patient setup) that may influence overall sleep study scoring.

Methods All patients referred to the CSU for investigation of OSAS who subsequently performed a PSG were included in this observational study. Patients who were symptomatic (Epworth score ≥11) and received a diagnosis of mild OSAS (AHI 5–14/hr) continued to PSG. MC were performed using NOX T3 and PSG using NOX A1 (Nox Medical, Katrínartún, Iceland). Sleep scoring was in accordance with AASM guidelines version 2.3. Comparisons of data sets was performed using SPSS statistical software.

Results Patient demographics are shown in table 1. In total 8 patients were included. All patients scored a higher AHI on PSG compared to MC. Mean PSG AHI and ODI were significantly higher than MC (18.48/hr; 8.1/hr and 17.68/hr; 7.08/hr, p<0.001 respectively). SpO2 was comparable between PSG and MC (92% and 94%, p=0.0135, respectively). [Figure 1].

Discussion Data from this single centre, small sample study shows higher AHI and ODI from PSG compared to MC in