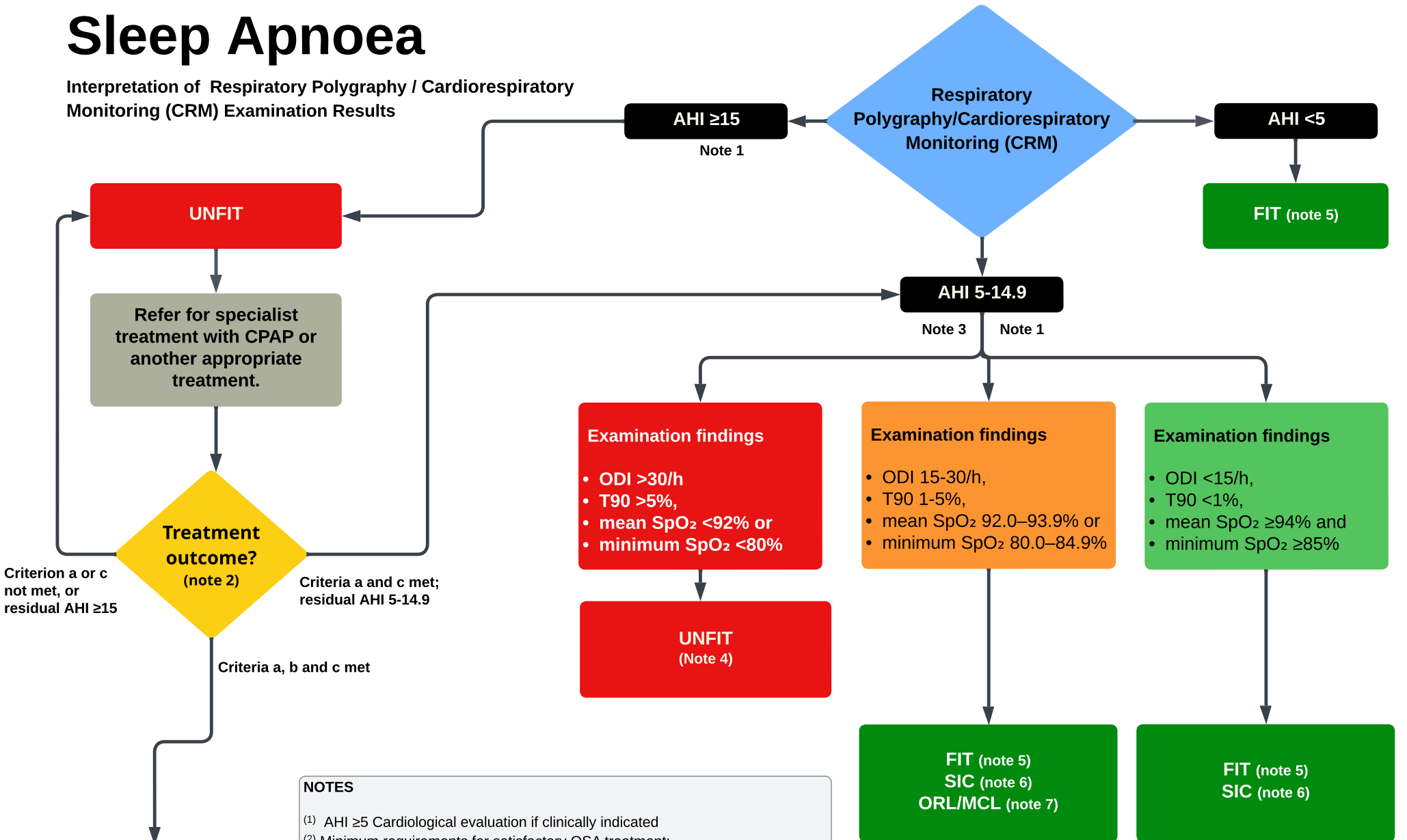
MEDICAL GUIDANCE FLOWCHART Class: LAPL CC

Trafikstyrelsen
Danish Civil Aviation and Railway Authority

Sleep Apnoea

Interpretation of Respiratory Polygraphy / Cardiorespiratory Monitoring (CRM) Examination Results



NOTES

(1) AHI ≥5 Cardiological evaluation if clinically indicated

(2) Minimum requirements for satisfactory OSA treatment:
- a. No daytime or operational sleepiness
- b. AHI <5
- c. Compliance ≥4 hours per night on ≥70% of nights (≥21 of 30 nights)

(3) Classification is based on the single most abnormal reliable parameter. **Daytime or operational sleepiness should lead to UNFIT pending assessment or treatment, regardless of the desaturation values.**

(4) Applicant remains **UNFIT** pending further investigation or effective treatment.

(5) Suggested FIT outcomes are subject to individual aeromedical assessment and may vary according to the applicant's clinical and operational risk profile.

(6) Repeat respiratory polygraphy/CRM after 12 months

(7) Class LAPL:ORL / Class Cabin Crew: MCL

Definitions:
AHI – Apnoeas and hypopnoeas per hour
ODI – Oxygen desaturations per hour
T90: Percentage of recording time with SpO_2 <90%

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