MEDICAL GUIDANCE FLOWCHART Class: 1 2 3

Trafikstyrelsen
Danish Civil Aviation and Railway Authority

Sleep Apnoea

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

Respiratory Polygraphy/Cardiorespiratory Monitoring (CRM)

AHI ≥15
Note 1

AHI <5

FIT (note 5)

UNFIT

Refer for specialist treatment with CPAP or another appropriate treatment.

Treatment outcome? (note 2)

Criterion a or c not met, or residual AHI ≥15

Criteria a and c met; residual AHI 5-14.9

Criteria a, b and c met

AHI 5-14.9
Note 3 Note 1

Examination findings
- **ODI >30/h**
- **T90 >5%,**
- **mean SpO_2 <92% or**
- **minimum SpO_2 <80%**

UNFIT (Note 4)

Examination findings
- ODI 15-30/h,
- T90 1-5%,
- mean SpO_2 92.0–93.9% or
- minimum SpO_2 80.0–84.9%

Referral to / Consultation with the CAA

FIT (note 5) SIC (note 6) OML/ORL/SSL (note 7)

Examination findings
- ODI <15/h,
- T90 <1%,
- mean SpO_2 ≥94% and
- minimum SpO_2 ≥85%

Referral to / Consultation with the CAA

FIT (note 5) SIC (note 6)

Referral to / Consultation with the CAA

FIT (note 5) SIC (note 6)

NOTES

(1) AHI ≥5 Cardiological evaluation (for Class 3, only if clinically indicated)
- 24-hour Holter monitoring
- Echocardiography
- Exercise test (if clinically indicated)
- CVD risk assessment

(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 1:OML / Class 2:ORL / Class 3: SSL – Cannot work alone.

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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