Title: Snoring Analysis of Sleep Architecture After UPPP

Purpose: To study snoring in patients with severe obstructive sleep apnea following UPPP and to determine the factors affecting the changes in sleep architecture.

Methods:
1. Collection of data from patients with OSA treated with UPPP from January 2011 to July 2012.
2. Use of PSG to measure sleep architecture and snoring characteristics.
3. Analysis of factors affecting sleep architecture changes.

Results:
- 50 patients were included, 40 males and 10 females.
- AHI decreased significantly after UPPP (from 41.7/hr to 24.3/hr).
- BMI < 27 and AHI > 30 showed a decrease in snoring events.

Conclusion:
- UPPP is effective in reducing snoring and improving sleep architecture.
- Further studies are needed to determine long-term effects.