Which of the following is the most appropriate management at this time?

A. Continuous positive airway pressure (CPAP) by mask at night
B. Tracheostomy and nighttime mechanical ventilation by assist/control mode
C. Noninvasive positive airway pressure ventilation by mask at night
D. Low-flow oxygen supplementation by nasal cannula at night
E. An oral hypnotic

CASE 5: DIFFICULTY FALLING ASLEEP

A 47-year-old man is evaluated for difficulty falling asleep and resulting daytime fatigue occurring at least 3 to 4 times per week for the past several months. He denies snoring or sleepwalking, shortness of breath and chest pain. He is employed as an accountant and recently went through a divorce. The divorce has caused some personal and financial stress in his life. He smokes one-half pack per day of cigarettes.

On physical examination, pulse rate is 72/min, and blood pressure is 138/85 mm Hg. The BMI is 26. The remainder of the examination is normal.

Laboratory studies include a hematocrit of 42%, a leukocyte count of 4200/µL, a fasting plasma glucose of 100 mg/dL, and a thyroid-stimulating hormone level of 2.5 µU/mL. Results of a chest radiograph and electrocardiograph are normal.

Which of the following is the most appropriate diagnostic step?

A. Polysomnography
B. Spirometry
C. Cardiac stress testing
D. Beck Depression Inventory

CASE 6: INVOLUNTARY LEG MOVEMENTS

A 36-year-old woman is evaluated for abnormal, involuntary movements of her legs and a burning sensation of her legs for the past year. The symptoms are most pronounced when she drives long distances and are relieved when she gets out of the car and starts walking.

Which of the following studies is the most appropriate next step in evaluating this patient?

A. Serum copper level
B. Serum thyroid-stimulating hormone level
C. Serum ferritin level
D. Liver function tests
E. Nerve conduction velocities

LEOG/REOG = left and right electro-oculograms, respectively; CHIN = genioglossus EMG; C3A2, C4A1 = electroencephalogram channels; LEMG = leg EMG; MICRO = microphone to record snoring; FLOW = combined oral/nasal airflow; CHEST = rib cage excursion; ABDO = abdomen excursion; BODY = body posture.