Chapter 1 – Abstract

# Background

Understanding the why, how, and what of sleep in humans is a very complicated, complex, and challenging. One of the abnormalities developed in sleep in humans is sleep apnea. Sleep apnoea is associated with the cessation of breath during sleep for at least 10 seconds.

# Objectives

The objectives of this chapter are to provide the reader with an overview of:

1. Sleep
2. Sleep architecture
3. Sleep apnoea
4. Sleep apnoea monitoring
5. Current challenges in sleep apnoea monitoring

# Method

The objectives of this chapter will be achieved by done a detailed systematic literature review.

# Results

At the end of the chapter, the reader should have an appreciation of

1. Sleep
2. Sleep architecture
3. Sleep apnoea
4. Sleep apnoea monitoring
5. Current challenges in sleep apnoea monitoring

# Conclusion

Sleep and sleep apnoea is a very broad, complex, and fascinating subject matter that needs more research and innovation