A tailor made approach to obstructive sleep apnea
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Stellingen

Polysomnography (PSG) is an essential component of the preoperative workup of patients undergoing bariatric surgery (BS). *Dit proefschrift*

The effectiveness of conservative treatment regarding the reduction of apnea hypopnea index (AHI) depends both on its impact on airway obstruction and compliance. *Dit proefschrift*

Using a mean AHI in continuous positive airway (CPAP) therapy is more realistic than using compliance rates. *Dit proefschrift*

Positional therapy, often simple and inexpensive, shows promise as a stand alone treatment or as an additional measure to increase the success rate of other, established treatment methods. *Dit proefschrift*

There are more dimensions to consider in clinical management of obstructive sleep apnea (OSA) than AHI alone. *Dit proefschrift.*

Even the most effective medical devices are only effective when they are used. *Dit proefschrift*

Currently, the approach to treating obstructive sleep apnea is steadily moving from a CPAP-centred one-size fits all approach to individualized treatment of upper airway obstruction during sleep. *Eur Respir Mon 2010. No. 50*

Laugh and the world laughs with you, snore and you sleep alone. *Antony Burgess*

Some media promote the public misunderstanding of science, their single-minded passion for pointless non-stories, and their basic misunderstandings of statistics and evidence, which illustrate the very core of why we do science: to prevent ourselves from being misled by our own atomized experiences and prejudices. *Ben Goldacre*

The placebo effect is one of the most fascinating things in the whole of medicine. It’s not just about taking a pill, and your performance and your pain getting better. It’s about our beliefs and expectations. It’s about the cultural meaning of a treatment. *Ben Goldacre*

Scientific knowledge is a body of statements of varying degrees of certainty -- some most unsure, some nearly sure, none absolutely certain. *Richard Feynman*

The first principle is that you must not fool yourself and you are the easiest person to fool. *Richard Feynman*

One of the advantages of being disorderly is that one is constantly making exciting discoveries. *A.A. Milne*

Life begins at the end of your comfort zone. *Neal Donald Walsch*