

*Changes in the dynamics of the recurrent indicator of somnological records in cases of sleep apnea.*

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Within the framework of this work, a study was made of the dynamics of recurrent indicators during long-term somnological recordings. A comparison was made in the dynamics of recurrent indicators in healthy subjects without sleep apnea and subjects with frequent cases of sleep apnea. The comparison was carried out taking into account the division of somnological records at the stage of sleep. A statistically significant difference was found in the average recurrent indicators for different stages of sleep in these two groups of subjects. It was shown that in subjects with frequent cases of apnea, fluctuations in the recurrent index during night recording are less than in healthy subjects. The experiment was carried out on two nights in a row, and a study was made of the differences in the recurrence index on the first night and on the second. It has been shown that in the case of frequent sleep apnea, there are less changes in the recurrent index between two recordings than in healthy subjects.