Aim: The aim of this study was to determine, whether a relationship between sleep apnea and body composition and physical activity is present or not. Material and methods: Ten heavy sleep apnea patient, 10 mild-moderate sleep apnea patient and 20 healthy control group person were participated in the study. Body composition of subjects was assessed by using bioelectrical impedance meter (Tanita Body Composition Analyser) and physical activity level was assessed by using armband physical activity monitor (SWA; Body Media, Inc). Results: There was no statistical difference between groups in physical activity levels (p > 0.05). Only body mass index of body profile was significantly higher in the heavy OSAS group than the control group (p = 0.033), and hip circumference was significantly higher in the heavy OSAS group than the mild-moderate OSAS group (p = 0.042). However no relation was found between the severity of disorder and the physical activity level, but the severity of sleep apnea seemed to be related with the higher body mass index levels. Conclusion: The monitorization of the body profile and physical activity might be important to follow the effectiveness of sleep apnea, treat existing obesity, and reduce complications. So, we believe that it will be useful to use the bioelectric impedans method for body profile and the armband for physical activity / daily consumption of mean total energy monitoring.