



## ProofLink™ Update

### **Poster #043**

### ***Comparison between Automatic and a Novel Fixed Positive Airway Pressure Therapy Studying Quality of Life and Sleep Architecture in Obstructive Sleep Apnea.***

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#### ◆ **Find This Study**

Sleep Medicine. Volume 6 S2. Abstract Supplement 2005. P#043, p. S137.

#### ◆ **The Study**

A randomized study of 41 patients with diagnosed OSA and EDS was designed to compare quality of life and sleep architecture between patients placed on either AutoCPAP therapy (REMstar Auto) or CPAP with C-Flex (REMstar Pro with C-Flex).

#### ◆ **The Results**

- 41 patients underwent PSG for identification of OSA. All patients then underwent 2 weeks of Auto Therapy to determine CPAP pressure. Patients were either randomized to either AutoCPAP (21 patients) or CPAP with C-Flex (20 patients).
- Patients were followed for 12 weeks and the following data was obtained at both baseline and 12 weeks after of therapy:
  - ESS
  - FOSQ
  - PSG on therapy
  - Sleep Time
  - Sleep Efficacy
  - Deep sleep
- Patients on CPAP with C-Flex demonstrated an increase in Total Sleep Time ( $P < 0.01$ ), Sleep Efficacy ( $p < 0.025$ ) and Deep Sleep ( $p < 0.05$ ) compared to those on AutoCPAP.
- Patients on both AutoCPAP and CPAP with C-Flex demonstrated equal improvements in ESS and FOSQ along with a reduction in the AHI.

#### ◆ **Bottom Line**

Both forms of therapy were found to be effective on improving patient's quality of life. Patients on CPAP with C-Flex demonstrated a significant increase in length of sleep and sleep architecture.