



ProofLink™ Update

Comparison of Compliance with Proportional Positive Airway Pressure (C-Flex) to Continuous Positive Airway Pressure Treatment of Obstructive Sleep Apnea.

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◆ ***Find This Study***

Sleep, Volume 27, Abstract Supplement # 512, 2004 p. A 228

◆ ***The Study***

Randomized, single blinded, controlled trial study with 4 weeks of C-Flex vs. CPAP.

16 newly diagnosed subjects with an AHI > 15 / hour without REM related or supine positional OSA were titrated on CPAP to determine pressure level and received either CPAP or C-Flex therapy. Subjects self-adjusted pressure relief with C-Flex. Compliance and FOSQ were monitored via Smart Card technology.

◆ ***The Results***

- Hours of nightly usage trended higher for C-Flex patients compared to CPAP patients (5.9 hrs +/- 1.9 vs. 5.3 hrs +/- 4.7).
- The FOSQ score improved for C-Flex patients compared to the baseline measurement but did not improve for CPAP patients.
- There was no difference in FOSQ scores when C-Flex was compared to CPAP.

◆ ***Bottom Line***

After 4 weeks compliance parameters trended higher for C-Flex compared to CPAP. C-Flex demonstrated an improvement in FOSQ compared to the pre treatment value while CPAP did not demonstrate an improvement from baseline.