



ProofLink™ Update

APSS Abstract #503

The Efficacy of C-Flex™ at Improving Treatment Adherence in Obstructive Sleep Apnea (OSA)

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◆ *Find This Study*

Sleep. Volume 28. Abstract Supplement 2005. # 503, A170.

◆ *The Study*

This study evaluated newly diagnosed OSA patients' nightly use of CPAP therapy and C-Flex. 133 consecutive patients were enrolled in the study with 66 patients being placed on conventional CPAP therapy followed by 67 patients being placed on C-Flex. Nightly use was determined by SmartCard® Technology and documented at 1 week, 1, 3 and 6 months after initiation of therapy.

◆ *The Results*

- At 1 week, the groups did not differ in average hours of use.
- At 6 months, patients on C-Flex demonstrated 4.6 hrs of use/night compared vs. 3.2 hrs of use/night for patients on traditional CPAP therapy (difference of 1 hour and 24 minutes /night).
- Patients on C-Flex were 3.8 times more likely to use therapy approximately 6 hours/night after 6 months of therapy.

◆ *Note*

- This research was supported by a grant from the National Heart, Lung and Blood Institute (R01 HL67209)
- The findings of this study should be replicated in a randomized clinical trial.

◆ *Bottom Line*

After 6 months of therapy, patients on C-Flex were shown to use therapy 1 hour and 24 minutes longer per night and had a four times increased likelihood of using therapy 6 hours per night than those on traditional CPAP therapy.