



ProofLink™ Update

International Multi-Center CPAP Study of Split-Night Titration and Expiratory Pressure Relief – Long Term Effect on Compliance and Subjective Satisfaction* *Rosenthal, L.R., et al*

◆ ***Find This Study***

Sleep. Volume 28. Abstract Supplement 2005. #628, p. A211

◆ ***The Study***

The study evaluated the impact of C-Flex™ vs. CPAP on treatment satisfaction and compliance after completion of a split-night titration.

54 patients were included in the study from 188 newly diagnosed OSA patients enrolled in a multi-center clinical trial. Patients were randomized either C-Flex or CPAP therapy. Treatment compliance (hours of use per night), patient satisfaction with therapy, treatment comfort and interface comfort were evaluated using visual analog scale (0 – 100 mm) with higher scores indicating favorable ratings. Collection data occurred at 1 month, 3 months and 6 months.

◆ ***The Results***

- At 3 months of therapy, patients on C-Flex had a significantly higher number of hours of use per night.
 - C-Flex 6.14 ± 1.29 hours vs. CPAP 5.25 ± 1.41 $p < 0.05$
- At 6 months of therapy, patients on C-Flex had a significantly higher number of hours per use nightly than those on traditional CPAP.
 - C-Flex 6.09 ± 1.37 vs. CPAP 4.92 ± 1.6 hrs/night $p < 0.01$
- After 6 months of therapy patients on C-Flex indicated a higher satisfaction with therapy than those on conventional CPAP.
 - Patient Satisfaction with Therapy: C-Flex 87 ± 17 vs. CPAP 76 ± 22 , $p < 0.05$
 - Therapy Comfort: C-Flex 81 ± 16 vs. CPAP 68 ± 25 , $p < 0.05$
 - Interface Comfort: C-Flex 72 ± 17 vs. CPAP 55 ± 26 , $p < 0.05$

◆ ***Bottom Line***

Patients in whom a split-night methodology was performed for therapy titration had a significantly greater satisfaction with C-Flex treatment comfort, interface comfort and satisfaction with therapy at 6 months. In addition, patients on C-Flex used their equipment 1 hour and 10 minutes more per night after 6 months of therapy vs. those using conventional CPAP therapy.

**Interim Results*