Adherence and tolerance of an auto-CPAP (APAP) device specially designed for occidental way of life and bedroom: Beyond technology, medical appearance is obsolete

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Body: Observance up than 3 hr/night, only is required in France to allocate reimbursement of CPAP treatment for Sleep Apnoea Syndrome. But control of hypertension requires up than 4hr /night. Breas i-Sleep, or Fisher&Pakell ICON are clearly designed to look as a clock or a radio-alarm-clock without external electric transducer. Aim: Define if such CPAP device is associated with a mean sleep use up than 4hr30, achieving 3 sleep's cycles. Data collection [confort, residual AHI, therapeutic Pressure, etc.]

Methods: two HomeCare HealthCare Providers (no financial or material conflict of interest), Non6comparative observational study. We collect use's duration of a non-randomized cohort of consecutive OSA patients, all ventilated by ICON, APAP mode, 4/16 cmH20, no ramp with optimal subjective comfort humidification setting. Results: 108 consecutive symptomatic OSA patients (IAH > 30/hr), evaluation time: 5 months delay treatment, [male] 61%, 65 +/- 16 y/o; residual AHI = 4,8 +/- 3,8/hr and P95% = 9,3 +/- 3,76 cmH2O. Observance 342 +/- 42 min; confort's evaluation through a modified Analogic Visual Scale (AVS) 7,4 +/- 1,2; Design's evaluation through a modified AVS 8,7 +/- 4,3. Conclusions: A pretty bedroom designed CPAP device is associated with a therapeutic duration up than 5hr30. An affective-based customer societal approach of such treatment seems relevant to enhance patient adherence. Comparative studies are required to comfort this monocentric and limited non comparative descriptive study