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Title: Prescription, subjective and objective compliances in patients with obstructive sleep apnea syndrome using positive airway pressure

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Body: Gold treatment for obstructive sleep apnea syndrome(OSAS) is continuous positive airway pressure(CPAP). We aimed to assess prospectively prescription, subjective and objective compliances in OSAS patients recommended PAP treatment, factors effecting compliance. 648 patients (69.6%) men,30.4%women)recommended to use PAP in January 2005-June 2011, were included. Patients using PAP were questioned for adverse effects and assessed with ESS(Epworth Sleepiness Scale)at follow-ups. Prescription, objective and subjective compliances were assessed. Relationship between compliance and demographic data, PSG(polysomnography) findings, ESS scores, adverse effects were analyzed. The mean age was 51.29±9.97 and mean BMI(body mass index) was 33.52±6.56. In the first night PSG;mean AHI(apnea-hypopnea index) was 54.16±26.41 and AI(apnea index)was 31.46±26.95.248(38.3%) cases attended follow-ups,246 (37.9%) were followed by phone visits and 154(23.8%)couldn't be reached. Patients using PAP for at least 4 hours per night for at least 70% of the days monitored were regarded as compliant and who didn't meet this criteria were considered as noncompliant. In whole population 63.9% obtained PAP machine (prescription). In 248 cases attending follow-ups, subjective compliance was 85.1%; objective compliance was 64.5%. Higher ODI(oxygen desaturation index) and lower SpO2(oxygen saturation) observed in first night PSG were found to positively affect prescription (p<0.05). Improvement in ESS score and satisfactory sleep were significantly correlated with objective compliance(p<0.05). Chest discomfort, difficulty falling asleep and sleep disturbances were significantly higher in noncompliant group (p<0.05).