Title: Education of patients with sleep apnea-hypopnea syndrome: Efficiency of a phone coaching procedure

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Body: Introduction: The most commonly used treatment for sleep apnea syndrome (SAS) is the application of constant airway pressure (CPAP) during sleep. However compliance with this treatment is frequently below 70%. In France, CPAP equipment hire (from a home care provider) is reimbursed by the national health insurance if compliance >3h/daily. We know that understanding and adherence are key factors for treatment success. Methods: The main aim of this study was to evaluate the efficiency of an educational intervention (EI) by phone calls in SAS patients treated with CPAP by a home care provider (SADIR). The educational intervention consisted on 5 sessions (day 3, 10, 30, 60, 90 after equipment) of telephone-based counseling intervention by a competent staff. Patients were randomized with or without EI. Results: 379 patients were included. A higher CPAP compliance (> 3hours/night) at 4 months was observed in the EI group compared to control group (75% and 65% respectively, chi²=3.97). On average, patients with EI had used CPAP during 4h38 by night versus 4h08 for patients without EI (p=0.04). Conclusion: An educational intervention dispensed by phone increased CPAP compliance.