



Something is changing in adherence to CPAP therapy: real world data after 1 year of treatment in patients with obstructive sleep apnoea

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Adherence to CPAP therapy is effective when applying a standard protocol consisting of a diagnostic procedure, accurate pressure setting and mask choice, a group educational session on sleep disorders and 1-yr follow up visit <http://bit.ly/352XPBH>

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To the Editor:

Obstructive sleep apnoea syndrome (OSA) is a common sleep disorder, affecting at least 24% of the male and 9% of the female population [1]. Despite progress in alternative treatment options, continuous positive airway pressure (CPAP) therapy is still the first-line treatment in moderate to severe OSA. The effectiveness of CPAP treatment is proportional to the usage: the greater the number of hours of CPAP use per night the greater the improvement in OSA symptoms, daytime sleepiness, quality of life, sleep architecture and blood pressure. Adherence to treatment, however, is the crucial issue: in many case series more than 50% of patients with OSA had interrupted treatment 1 year after the prescription [2].