

Long-term sleep measurements in the home-setting

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LONG-TERM SLEEP MEASUREMENTS IN THE HOME SETTING: A CLINICAL TRIAL TO PREDICT COMORBID INSOMNIA IN OSA

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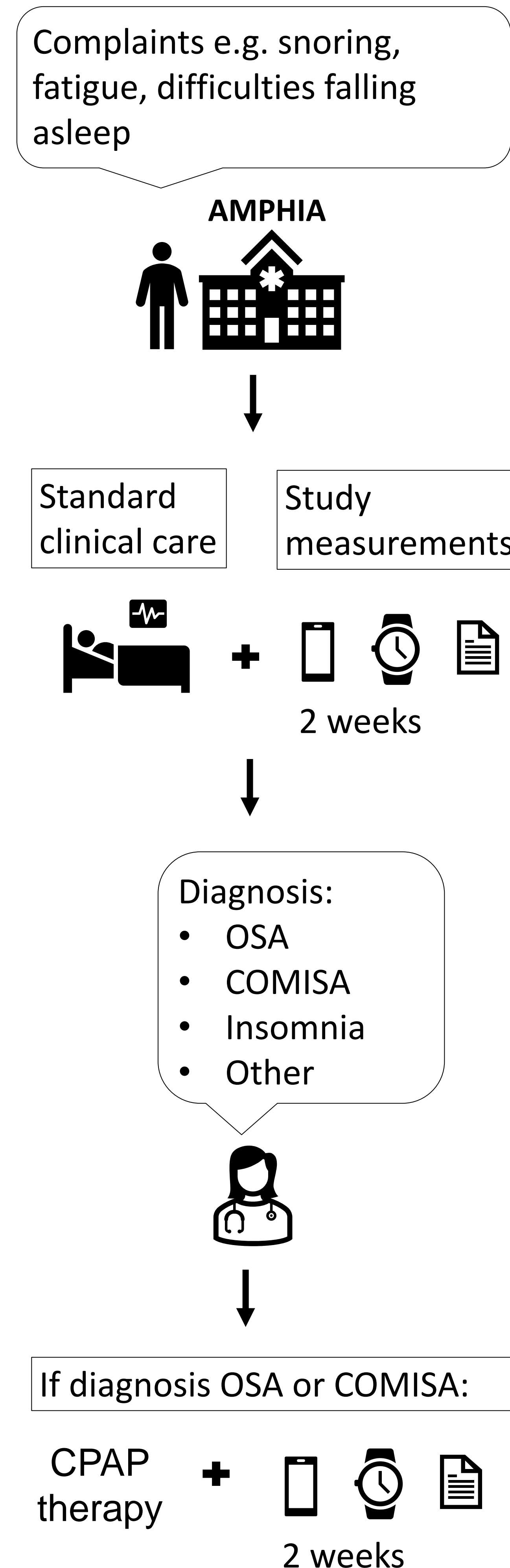
Introduction

- Obstructive Sleep Apnea (OSA) and Insomnia frequently co-occur: comorbid insomnia and OSA (COMISA)
- Challenging to diagnose COMISA due to
 - Overlapping symptoms
 - Insomnia complaints can appear minor compared to OSA complaints
 - Insomnia can be masked by sleep fragmentation
- Absence of diagnostic procedure that has common grounds for COMISA
- Optimal treatment is unknown

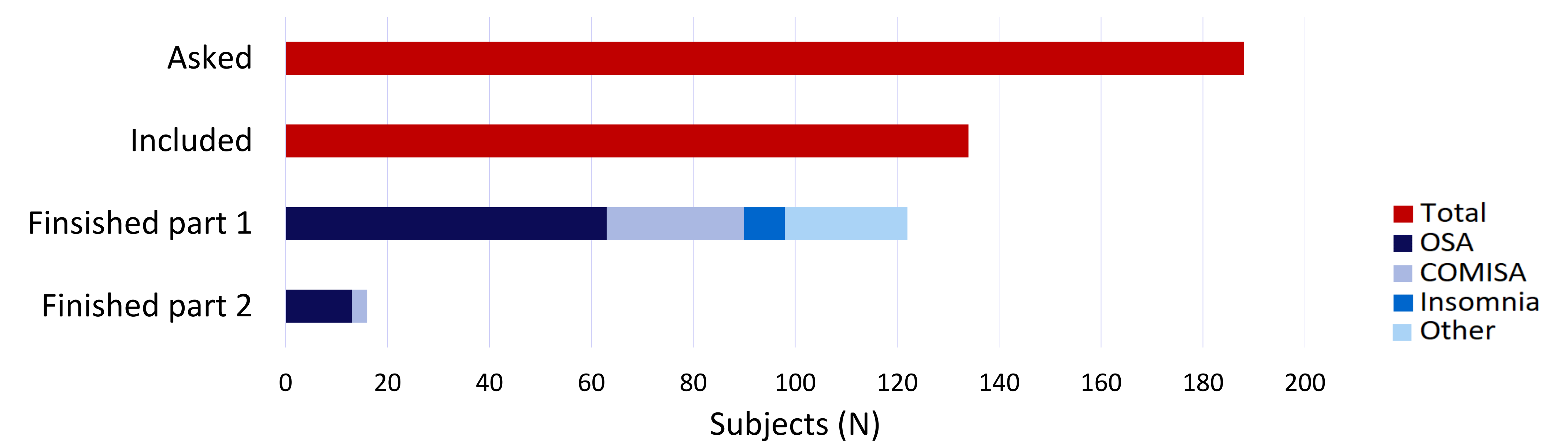
Objective

- To obtain long-term objective and subjective sleep measurements in the home-setting
 - PPG and accelerometry data
 - Digital sleep diary
 - Questionnaires
- To identify characteristics of comorbid insomnia in patients with OSA
- To predict CPAP compliance in patients diagnosed with OSA or COMISA
- Goal to include 400 patients
- First inclusion on April 1st 2021

Methods



Results – October 2021



	OSA	COMISA	Insomnia	Other
N Subjects (%)	63 (51.2)	27 (22.0)	8 (6.5)	24 (19.5)
N Female (%)	13 (20.6)	10 (37.0)	3 (37.5)	13 (54.2)
Age [years]	49.5 ± 10.1 Range 29 – 70	51.1 ± 10.1 Range 24 – 63	49.1 ± 11.2 Range 29 – 64	41.6 ± 12.8 Range 19 - 66
BMI [kg/m ²]	29.8 ± 5.1	29.0 ± 4.7	27.1 ± 5.0	27.7 ± 5.7

