



ProofLink™ Update

Effect of Expiratory Pressure Relief During Continuous Positive Airway Pressure Therapy on Adherence in a Retrospective Analysis of Recent Clinical Experience ***Mohan, K.***

◆ ***Find This Study***

Sleep, Volume 27, Abstract Supplement # 494, 2004 p. A221

◆ ***The Study***

A retrospective analysis of therapy compliance data was done to determine if C-Flex pressure relief provides a compliance advantage. 96 subjects (75 C-Flex, 21 CPAP) were selected from a sequential series of clinical sleep laboratory patients at the St. Vincent Sleep Disorder Center, Indianapolis, IN. Both C-Flex and CPAP were implemented in the same way on the same device. Compliant night was defined as usage of 4 hours or more per night.

◆ ***The Results***

- ◆ Average hours of use per night was significantly longer on patients with C-Flex
C-Flex: 5.06 hrs*(+1.80) vs. CPAP: 3.96 hrs (+2.63)
- ◆ C-Flex demonstrated a significantly higher number of compliant nights
C-Flex: 68% *(+28%) vs. CPAP: 51.6% (+34%)

**Statistical significance*

◆ ***Note***

CPAP patients were on therapy for a longer period (293 days) than C-Flex patients (49 days).

◆ ***Bottom Line***

A 1 hour 10 minute increase in average nightly use seen with C-Flex patients vs. CPAP patients. The higher number of nights suggests a compliance advantage for a general clinical sleep medicine practice.