

NECK POSITION THERAPY EFFICIENCY IN POSITIONAL OBSTRUCTIVE SLEEP APNEA TREATMENT AND SLEEP QUALITY

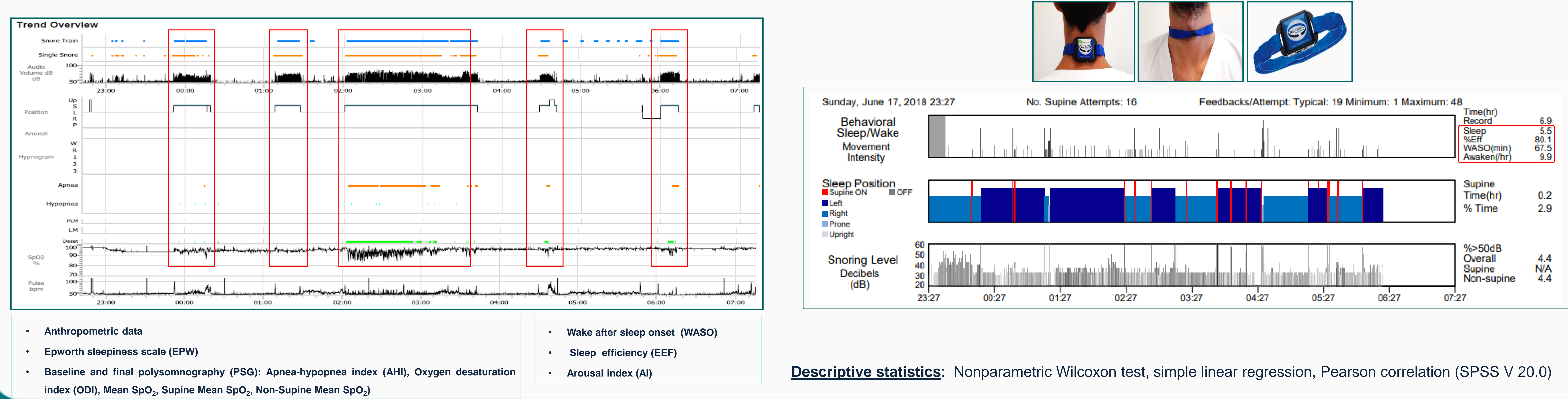
J PIMENTEL, D GRENCHO, C PISSARRA, P ROSA
HOSPITAL DE VILA FRANCA DE XIRA, UNIDADE DE PNEUMOLOGIA

INTRODUCTION A large percentage of patients with obstructive sleep apnea is affected by body position (POSA). Cartwright definition is the most used for POSA and treatment is based on supine position avoidance. Several devices have been developed to avoid that position during sleep. Neck position therapy devices (NPTD) use a vibrating stimulus, which may decrease sleep quality (SQ).

AIMS: Evaluate the effectiveness and SQ with a NPTD for POSA treatment

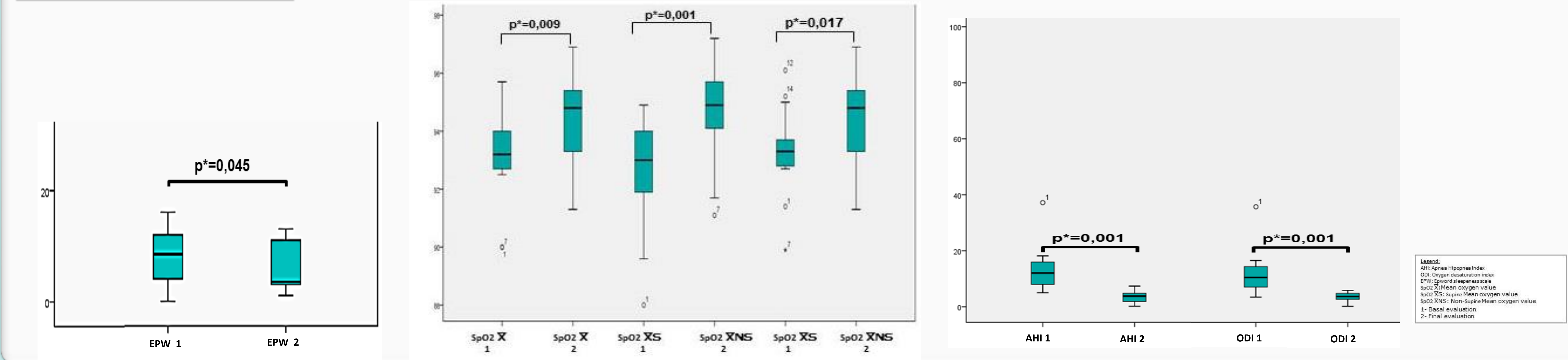
METHODS

15 Patients POSA (Cartwright) --- 2 Months --- NPTD (Nightshift sleep positioner ®)



RESULTS

Baseline vs Final PSG



	ID #1	ID #2	ID #3	ID #4	ID #5	ID #6	ID #7	ID #8	ID #9	ID #10	ID #11	ID #12	ID #13	ID #14
WASO	0,09106446	-0,0685669	0,36546381	0,23283937	-0,0266377	-0,3303857	0,00479408	-0,4815473	-0,2102214	-0,0070374	0,11702607	0,07612641	0,21772256	-
EEF	-0,0746945	0,15612774	-0,1936143	-0,0791538	-0,1053358	-0,4047787	-0,1771176	-0,2161348	0,01041636	-0,0535377	-0,0970368	-0,270743	-0,4950626	-
ID	-0,2398259	-0,1087003	0,22983662	0,12835992	-0,1158965	-0,3710539	-0,1557758	-0,0277471	-0,0991463	0,01169719	0,21360303	0,07269607	0,07015401	-

Non significant correlation : 0 < p ≥0,3

CONCLUSION/ DISCUSSION

Although our sample is small, these preliminary results reassure that positional therapy can be the 1st line treatment for POSA. No significant differences in SQ were found, however the experimental period may be insufficient and therefore a long-term evaluation should be considered.