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## **Duration of clinical management correlates with increased compliance to CPAP in males with insomnia diagnosed with obstructive sleep apnea**

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**Introduction:** Obstructive sleep apnea (OSA) affects the majority of the population and is associated with hypertension, obesity, diabetes, and an increased risk of heart attack and stroke. The overall objective of this study is to determine if the duration of management and number of clinic follow-ups help improve compliance to CPAP in insomnia patients diagnosed with OSA.

**Methods:** Data from electronic medical records were compiled and statistically analyzed from patients with a current diagnosis of insomnia who also had a polysomnographic diagnosis of OSA. Approximately 21 adult male and 18 adult female subjects were included in this analysis. All patient information was collected strictly per HIPPA guidelines and regulation. Where relevant, IRB consent forms had previously been obtained and signed. CPAP use and compliance data were obtained and recorded per manufacturer's protocol and company policy.

**Results:** An increased period of management correlated with greater use of CPAP and better compliance in males with insomnia diagnosed with OSA by polysomnography. In this study, females with insomnia had fewer polysomnographic studies done and were less likely to be compliant with CPAP use if diagnosed with OSA.

**Conclusions:** We conclude that active management of insomnia in male patients also diagnosed with OSA, via regular follow-ups, improves compliance to CPAP and better treatment success of the OSA. Further studies and a larger cohort of patients will be needed to validate and understand the differences observed with women.

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