

Cpap is the one and only reliable treatment for osas?

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CPAP treatment is unanimously accepted as the gold-standard treatment for all OSA patients with a Respiratory Distress Index (RDI) 30 events per hour, regardless of symptoms, based on the increased risk of hypertension and other cardiovascular issues. CPAP treatment is indicated for patients with an RDI of 15 to 30 events per hour (moderate type of sleep apnea) or even with an RDI of 5-15 events per hour (mild type of sleep apnea) accompanied by symptoms of reduced daytime functionality (i.e., excessive daytime sleepiness and fatigue), impaired cognition, mood disorders, insomnia, or documented cardiovascular diseases to include hypertension, ischemic heart disease, or stroke. Evidence on the treatment of all the above-mentioned symptoms and/or Sleep Apnea comorbidities has been mostly produced with CPAP trials, which could provide more comfort to the sleep physician.