Does an Association Exist Between Positive Airway Pressure Therapy Adherence and Health Care Cost Over 3 Years?

**STUDY DESIGN**

Patients with OSA and prescribed positive airway pressure (PAP) therapy were stratified into three PAP adherence groups over 3 years:

- **High** (≥4 h/night)
- **Moderate** (2.0-3.9 h/night)
- **Low** (<2 h/night)

**RESULTS**

Significant cost difference between high and low adherence group ($832; 95% CI, $127-$1,538)

PAP adherence was inversely associated with 3-year health care cost, with high adherers demonstrating the lowest and low adherers demonstrating the highest average health care cost.