

Is Adherence to PAP Therapy Associated With Reduced Health Care Resource Use in Comorbid Insomnia and OSA?

STUDY DESIGN

Retrospective observation analysis used deidentified payer-sourced administrative insurance claims data for patients with **insomnia and newly diagnosed OSA**

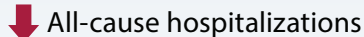
Impact of positive airway pressure (PAP) therapy on health care resource use

- Hospitalizations
- Emergency room (ER) visits



27,071 patients identified
Age 53.6 years, 53% female
72% intermediately adherent
(2 years)

PAP adherence (adherent vs intermediate vs nonadherent) during first year associated with

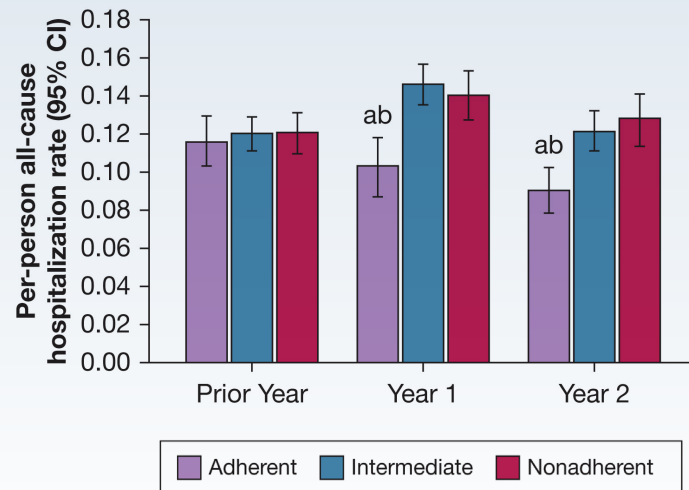


Comorbid insomnia and OSA showed

↓ PAP use and ↑ health care use both before and after device setup vs OSA only

- Similar relative ↓ in ER visits and hospitalizations after PAP use

RESULTS



In this study, PAP therapy adherence was associated with reduced health care resource use (all-cause hospitalizations and ER visits) in patients with comorbid insomnia and OSA.