

Treating Obstructive Sleep Apnea

cadth.ca/OSA

Obstructive Sleep Apnea (OSA)

is a common sleep disorder in which breathing starts and stops when throat muscles relax during sleep and block a person's airway.

The Apnea-Hypopnea Index (AHI)

is commonly used to measure OSA severity. This measurement can, along with other factors, help to determine the best treatment options.

Considerations when Choosing a Treatment for OSA



CPAP Therapies

(Continuous Positive Airway Pressure)



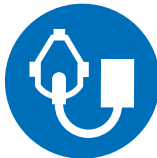




- Cost/coverage
- Clean water
- Electricity
- Patient preference
- Support for machine or equipment difficulties
- Supportive partner and family
- Concerns over appearance
- Side effects and discomfort
- Travel



MADs/Oral Appliances

(Mandibular Advancement Devices)

- Cost/coverage
- Clean water
- Patient preference
- Side effects and discomfort
- Access to dentists and dental specialists
- Oral health

OSA Severity AHI	Treatment		
Mild 5-14	 No treatment	 Weight loss/ Exercise	
Moderate 15-29	 CPAP	 MADs	
Severe +30	 CPAP	 MADs	 Surgery

ABOUT CADTH

CADTH is an independent, not-for-profit organization responsible for providing Canada's health care decision-makers with objective evidence to help make informed decisions about the optimal use of drugs and medical devices in our health care system.

CADTH receives funding from Canada's federal, provincial, and territorial governments, with the exception of Quebec.

April 2017