

Article of the Month - July 2020

Making Sense of the Noise: Toward Rational Treatment for Obstructive Sleep Apnea

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Abstract

There has been a recent surge in the number of potential alternative therapies that have been proposed and marketed for adults with OSA. This Perspective finds that many of these alternatives do not have high-quality studies showing clear benefits. Health care providers must treat adults with OSA using treatments either supported by high-quality, peer-reviewed publications showing benefit or as part of ongoing rigorous clinical trials.

EADSM comment:

A number of outstanding sleep apnea researchers highlight in this article that among the huge number of proposed snoring and sleep apnea treatments that are advertised today, only PAP, upper airway surgery, mandibular repositioning appliances, hypoglossal nerve stimulation, and major weight loss have enough evidence to be recommended for patients, based on individual indications. They describe in the present article the present knowledge about several methods that still have too little evidence. Practitioners are advised to await rigorous studies before discussing any other alternatives than the evidence-based ones in the treatment of snoring or sleep apnea for their patients.