

Published evidence validates positional therapy as a treatment for OSA

### How Reliable is the Diagnosis of Positional Obstructive Sleep Apnea?

"For patients with positional OSA, positional therapy – using some simple behavioural treatment modalities to prevent them from sleeping on their backs, such as a backpack and ball (See Table 1), has been shown to be effective in reducing the AHI.<sup>3,5</sup> Patients with positional OSA tend to be younger and thinner with fewer and less severe breathing abnormalities than "nonpositional" patients.<sup>2,6</sup> The option for positional therapy, as opposed to continuous positive airway pressure (CPAP), is a viable one<sup>3,5</sup> and, for many patients with positional OSA, this simple treatment may be more desirable, at least in the short term." <sup>1</sup>

### Acta Oto-Laryngologica:

Positioner-a method for preventing sleep apnea

"The result shows that almost two-thirds (61%) of this selection of patients were 'cured' by using the Positioner, not only with respect to AHI, but also with respect to less daytime sleepiness" "Conclusion. A 'Positioner' preventing sleeping on the back can effectively reduce OSA." <sup>2</sup>

### The Laryngoscope

Positional Therapy for OSA Patients: a 6-Month Follow-Up Study

"Conclusion: Positional therapy appears to be a valuable form of therapy mainly for some older aged positional OSA patients" Results; Of the 50 patients who returned the questionnaire > 50% of patients continue to use positional therapy. These patients "showed a significant improvement in their self-reported sleep quality and daytime alertness and a decrease in snoring loudness" <sup>3</sup>

### American Journal of Otolaryngology

Sleeping Position and Sleep Apnea Syndrome

"One should always consider the possibility that adjustment of sleeping position might be the only treatment that even a severe sleep apneic requires." "In 22 consecutive patients studied by us, ten had apnea related to sleep position." <sup>4</sup>

### American College of Chest Physicians:

Positional Treatment vs CPAP in Patients with Positional OSA

"Conclusion: Positional treatment and CPAP have similar efficacy in the treatment of patients with positional OSA." <sup>5</sup> -

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2. Loord H, Hultcrantz E: Positioner-a method for preventing sleep apnea. Acta Oto-Laryngologica, 2007; 127: 861-868.

3. Oksenberg A, Silverberg D, Offenback D, Arons, E: Positional Therapy for Obstructive Sleep Apnea Patients: A 6- Month Follow-Up Study. Laryngoscope 2006; 1995-2000.

4. Kavey N B, Blitzer A, Gidro-Frank S, Korstanje K: Sleeping Position and Sleep Apnea Syndrome. American Journal of Otolaryngology 1985; 6:373-378.

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