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. Patients with positional OSA tend to be younger and thinner with fewer and less severe breathing abnormalities than "nonpositional" patients. The option for positional therapy, as opposed to continuous positive airway pressure (CPAP), is a viable one and, for many patients with positional OSA, this simple treatment may be more desirable, at least in the short term."

**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."

**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."

**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."

**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."