

COMPARING CPAP & OAT – An Overview of the Science

DR. JOHN VIVIANO

	CPAP	OAT
ELIMINATION OF APNEA	Highly Effective	Moderately Effective
OBJECTIVE HEALTH OUTCOMES	Similar	Similar
OBJECTIVE FUNCTIONAL OUTCOMES	Similar	Similar
BLOOD PRESSURE OUTCOMES	Similar	Similar
CARDIOVASCULAR MORTALITY (8 year)	Similar	Similar
HOURS USAGE PER NIGHT	< 4 Hours	7.5 hours
COMPLIANCE	50% after 6 months 17% after 5 years	90% after 2.5 years (subjective measure)
MEAN DISEASE ALLEVIATION	50%	51%

“Metanalysis of studies comparing OAT and CPAP shows treatment compliance heavily favors OAT” - Dr. John Viviano