



**A Study on the Effectiveness of a Phone App to Improve Compliance with CPAP Use
Among Sleep Apnea Patients**

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Abstract:

This study involved an analysis of secondary data on the responses from patients submitted to Arnold Rugama, MD, specialist in Sleep Apnea, via the NiteStat phone app related to the patient's compliance in nightly use of the CPAP, level of comfort with the CPAP, barriers to its use, and perceived improvement as measured by the patient's feeling of a restful sleep. According to the American Academy of Sleep Medicine, CPAP (Continuous Positive Airway Pressure) is the standard treatment for moderate to severe cases of Obstructive Sleep Apnea and a good option for mild Sleep Apnea. HIPAA guidelines were followed in this research study.