

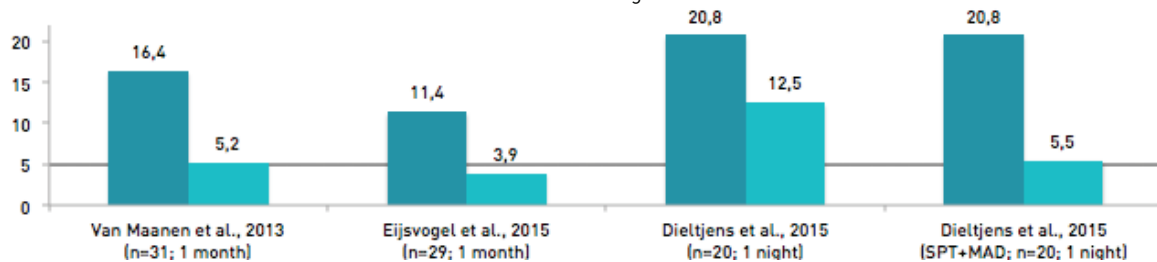
Scientific evidence of the Sleep Position Trainer

Abstract

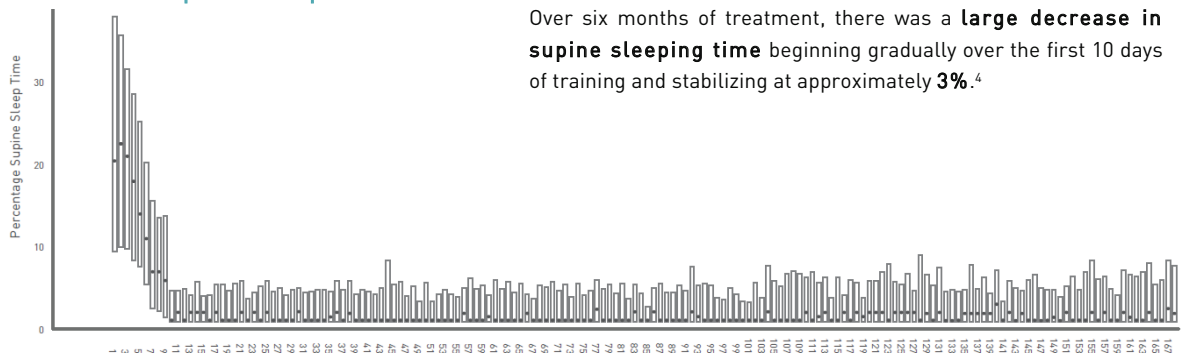
In several clinical studies, the Sleep Position Trainer (SPT) has been observed to be highly effective in treating Position-dependent Obstructive Sleep Apnea Syndrome (POSAS) patients by decreasing the Apnea-Hypopnea Index (AHI) and the supine sleep time. Moreover, excellent short and long term compliance rates were observed in several cohorts for between 1 and 6 months of treatment (see below). Thus the investigators concluded that the SPT reduces disordered breathing, improves sleep quality, and is a well-tolerated device for the treatment of POSAS patients. Further, the Mean Disease Alleviation (MDA) for the SPT is higher than for other modalities in POSAS patients.

Reduction AHI

Several studies have shown the effectiveness of the SPT in reducing AHI: from **27.7-11.4** to **12.8-3.9**.¹⁻³



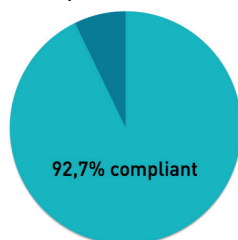
Reduction supine sleep time



Over six months of treatment, there was a **large decrease in supine sleeping time** beginning gradually over the first 10 days of training and stabilizing at approximately **3%**.⁴

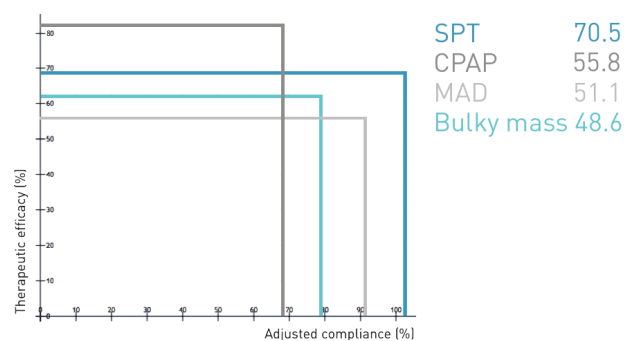
Compliance

Patients' compliance is **92.7%** over 1 month of SPT treatment (>4h/n).¹ When comparing SPT and bulky mass devices, compliance is **76%** vs. 42% after 1 month.² Long-term compliance with SPT is **64.4%** and regular use **71.2%** over a 6-month period.⁴



Mean Diseases Alleviation (MDA)

SPT's MDA is higher, i.e. **70.5%**, than other modalities [bulky masses, CPAP & mandibular advancement devices (MAD)].^{2,5}



Literature

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