




The search for realistic evidence on the outcomes of obstructive sleep apnoea

Sophia Schiza¹, Patrick Lévy^{2,3}, Miguel Angel Martinez-Garcia^{4,5}, Jean-Louis Pepin^{2,3}, Anita Simonds⁶ and Winfried Randerath⁷ 

¹Sleep Disorders Center, Dept of Respiratory Medicine, Medical School, University of Crete, Heraklion, Greece. ²Univ. Grenoble Alpes, Inserm, HP2 Laboratory, Grenoble, France. ³Grenoble University Hospital, Sleep Laboratory, EFCR, Grenoble, France. ⁴Pneumology Dept, University and Politechnic La Fe Hospital, Valencia, Spain. ⁵CIBERES de enfermedades respiratorias, ISCIII, Madrid, Spain. ⁶Royal Brompton & Harefield NHS Foundation Trust, London, UK. ⁷Bethanien Hospital, Clinic of Pneumology and Allergology, Center for Sleep Medicine and Respiratory Care, Institute of Pneumology at the University of Cologne, Solingen, Germany.

Corresponding author: Winfried Randerath (randerath@klinik-bethanien.de)



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The reported effect of CPAP on cardiovascular outcomes in sleep apnoea should be interpreted with caution and several factors must be considered before definite conclusions can be drawn
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The burden and societal impact of obstructive sleep apnoea (OSA) needs to be more widely understood to guide health policies and improve value-based care. OSA affects one billion people worldwide, representing a major and still under-recognised health problem. Its prevalence is expected to continue to increase, owing to the obesity epidemic and the increase in life expectancy [1]. OSA has been associated with numerous long-term consequences, including cardiovascular and metabolic disorders, and neuropsychiatric diseases [2–4]. Also, OSA impairs quality of life, cognitive function, and productivity in the workplace, and causes road traffic accidents, resulting in injuries and fatalities [5].