

# CHEST Publishes World’s Largest Study on Sleep Apnea and Self-Monitoring

Study finds 87 percent of CPAP users are adherent when remotely and self-monitored

**SAN DIEGO - November 21, 2017** - *CHEST*, the publication of the American College of Chest Physicians, has published a ResMed study that shows patient engagement apps significantly improve adherence to positive airway pressure (PAP) therapy.

The research included more than 128,000 patients, making it the world's largest study to look at sleep apnea and self-monitoring.

PAP users whose nightly use was remotely and self-monitored via ResMed’s AirView and myAir platforms, respectively, were more than 87 percent adherent on therapy, compared to 70 percent of those only remotely monitored (a 24 percent relative increase).

Self-monitoring was also linked to increased nightly use: Patients using myAir and AirView together used PAP an average hour more per night – 5.9 hours a night, compared to 4.9 hours for the remotely monitored-only group.

“*CHEST*’s publication is a significant call for clinicians to recommend self-monitoring tools for PAP patients,” said ResMed Chief Medical Officer Carlos M. Nunez, M.D. “I also believe these tools could help patients on therapies beyond sleep as well, since half of all patients don’t take their medications as prescribed.”

The study was first presented at the CHEST 2016 conference in Los Angeles. Read the full text in *CHEST*, “[Patient Engagement Using New Technology to Improve Adherence to PAP Therapy: A Retrospective Analysis](#).”

## About ResMed

ResMed (NYSE: RMD, ASX: RMD) changes lives with award-winning medical devices and cloud-based software applications that better diagnose, treat and manage sleep apnea, chronic obstructive pulmonary disease (COPD) and other chronic diseases. ResMed is a global leader in connected care, with more than 4 million patients remotely monitored every day. Our 6,000-strong team is committed to creating the world’s best tech-driven medical device company – improving quality of life, reducing the impact of chronic disease, and saving healthcare costs in more than 120 countries. [ResMed.com](#) | [Facebook](#) | [Twitter](#) | [LinkedIn](#)

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