

# ResMed Study Finds CPAP Adherence Improved by Remote Monitoring, Self-Monitoring across 3 Countries

Study presented at ATS International Conference examined more than 4 million PAP users in U.S., Brazil, Mexico

DALLAS, May 21, 2019 – Remote monitoring and patient self-monitoring can drive CPAP adherence for people with sleep apnea, according to research presented by ResMed (NYSE: RMD, ASX: RMD) at the American Thoracic Society’s 2019 ATS International Conference.

Average adherence to PAP (positive airway pressure), the gold standard for treating sleep apnea, is approximately 50 percent when using legacy technology with no cloud connectivity or remote monitoring capabilities. According to the new study, researchers found significantly higher rates when they evaluated patients on 100% cloud-connectable devices that enable remote monitoring: more than 31,000 Brazilians, 17,000 Mexicans, and 4.1 million Americans.

	Percent of study participants achieving 90-day PAP adherence (all remotely monitored)	Remotely and self-monitored
United States	74%	85%
Brazil	72%	83%
Mexico	66%	81%

“These results equate a strong endorsement for remote and self-monitoring technology,” said study coauthor and ResMed Chief Medical Officer Carlos M. Nunez, M.D. “Despite different healthcare systems, financial and social issues, patients in all three countries have reached above-average adherence rates when treated with 100% cloud-connectable PAP devices.”

Researchers also urge clinicians to enroll their PAP patients in a self-monitoring program like myAir, ResMed’s patient engagement app. While 26 percent of U.S. patients in this study had registered for myAir, only 8.1 percent of Brazilian patients and 2.8 percent of Mexican patients had.

PAP adherence was defined for this study using the U.S. Centers for Medicare and Medicaid Services definition: using PAP usage of four hours per night for 70 percent of nights in a 30-day span within the first 90 days of therapy.

## About ResMed

At ResMed (NYSE: RMD, ASX: RMD) we pioneer innovative solutions that treat and keep people out of the hospital, empowering them to live healthier, higher-quality lives. Our cloud-connected medical devices transform care for people with sleep apnea, COPD and other chronic diseases. Our comprehensive out-of-hospital software platforms support the professionals and caregivers who help people stay healthy in the home or care setting of their choice. By enabling better care, we improve quality of life, reduce the impact of chronic disease and lower costs for consumers and healthcare systems in more than 120 countries. To learn more, visit [ResMed.com](https://resmed.com) and follow @ResMed.

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