

# CPAP's Health Benefits Confirmed by Landmark SAVE Trial

Improved quality of life, reduced sleepiness and cerebrovascular risks found in CPAP study of 2,700 people with obstructive sleep apnea

August 30, 2016 – The largest-ever randomized, controlled sleep apnea study has confirmed continuous positive airway pressure (CPAP) can significantly improve the quality of life for people with obstructive sleep apnea (OSA), and – when used more than four hours per night – may lower the risk of stroke and other negative cerebral events.\*

“CPAP significantly reduced snoring and daytime sleepiness and improved health-related quality of life and mood,” according to the Sleep Apnea Cardiovascular Endpoints (SAVE) trial, published Sunday in the [New England Journal of Medicine](#).

“Patients who were adherent to CPAP therapy had a lower risk of stroke than those in the usual-care group,” the paper said, “as well as a lower risk of the nonprespecified composite end point of cerebral events.”

ResMed provided ApneaLink™ home sleep testing devices for the diagnostic phase of the trial, which evaluated 2,700 people from seven countries with moderate to severe OSA over a seven-year period.

“We’re proud to have been involved in this study, which reinforces the positive, life-changing benefits of CPAP therapy,” said ResMed Chief Medical Officer Dr. Glenn Richards, “and I congratulate the researchers from Flinders University and The George Institute for Global Health for completing it.”

Neutral result on cardiovascular disease

The SAVE trial was neutral on whether CPAP can reduce death or hospitalization from cardiovascular causes in people with both OSA and cardiovascular disease.

Several possible explanations are offered by the [study’s reviewers in the NEJM](#), including the SAVE trial subjects’ relatively low use of CPAP (3.3 hours per night) and when it occurred during their sleep.

“Usage does appear to be an important factor,” Richards said, “since study subjects who used CPAP more than four hours a night showed a reduction in cerebrovascular events.”

“We have found in other studies that patients generally use CPAP more than four hours a night when they have the ability to wirelessly monitor their own use with solutions like ResMed’s myAir™,” Richards said.<sup>1</sup>

About ResMed

ResMed (NYSE:RMD) changes lives with award-winning medical devices and cutting-edge 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 2 million patients remotely monitored every day. Our 5,000-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 100 countries.

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\* CPAP devices are typically indicated for the treatment of patients with obstructive sleep apnea (OSA). Please reference the appropriate indications for use or intended use statement outlined in the product labeling prior to use.

<sup>1</sup> 84% of CPAP users who used myAir achieved Medicare compliance, using CPAP 4 hours a night for 70% of nights within a 30-day span within 90 days. Lynch S et al. [White paper]. ResMed Science Center, Sydney, Australia 2015.

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