

OurSleepKit To Support CPAP Adherence

NCT06621511

Status	RECRUITING
Phase	Not Applicable
Sponsor	National Heart, Lung, and Blood Institute (NHLBI)
Enrollment	360 participants

Key Eligibility Criteria

Inclusion (3)

- patients should be males or females (age ≥ 18 years) with diagnosed OSA and candidates for CPAP therapy (with any type of pressure delivery mode), and are cohabiting with their partner for at least one year
- The partners of eligible patients will be recruited if they are not diagnosed with OSA and not using CPAP
- both partners should have their own mobile devices with access to the internet

Exclusion (5)

- have a diagnosis of a sleep disorder other than OSA based on a polysomnogram (e.g., central sleep apnea, narcolepsy, or periodic limb movement disorder)
- have planned bariatric surgery (as they typically quit CPAP after surgery)
- have a partner using CPAP
- are pregnant because the changes in respiration and sleep quality occurring with pregnancy may confound the results.
- couples with one or both partners doing regular overnight shift work or those unable to speak or write in English will be excluded.

Locations (2 total)

Northeastern University, Boston, Massachusetts, United States
University of Pittsburgh, Pittsburgh, Pennsylvania, United States