

Digital-supported Orofacial Myofunctional Therapy in OSA

NCT07292922

Status	RECRUITING
Phase	Not Applicable
Sponsor	Hong Kong Metropolitan University
Enrollment	60 participants

Key Eligibility Criteria

Inclusion (4)

- Adults aged 18 years and above
- Diagnosed with mild to moderate Obstructive Sleep Apnoea, defined as: Apnoea-Hypopnea Index of 5-30 events per hour
- Indications for Continuous Positive Airway Pressure or oral appliance treatment, but unable to tolerate or decline these treatments
- Body Mass Index less than 30 kg/m²

Exclusion (6)

- Presence of obstructive nasal disease or significant nasal obstruction
- Unstable mental health issues
- History of stroke
- Unstable chronic respiratory, cardiac, neurological conditions
- Inability to provide informed consent
- ... and 1 more (see full listing online)

Locations (1 total)

Queen Mary Hospital, Hong Kong, Hong Kong, Hong Kong