

Low-Tech Treatments for Obstructive Sleep Apnea

NCT07301710

Status	RECRUITING
Phase	Phase 1, Phase 2
Sponsor	Uniformed Services University of the Health Sciences
Enrollment	60 participants

Key Eligibility Criteria

Inclusion (4)

- New diagnosis of OSA (AHI, ≥ 5) or failure of first-line OSA treatment;
- Willingness to forego first-line OSA treatment or stop current OSA treatment for 3 months;
- Ability to follow directions and perform the required exercises;
- Age between 18-65 yr.

Exclusion (3)

- Current use of OSA treatment;
- Medical comorbidities that require restricting fluid intake (e.g., dysphagia, renal disease, liver disease, hyponatremia);
- Severe nasal obstruction; 4) severe ankyloglossia; 4) craniofacial abnormality; 5) severe pulmonary disease; 6) severe post-traumatic stress disorder; 7) very severe insomnia; 8) body mass index (BMI) ≥ 30 kg/m²

Locations (1 total)

Walter Reed National Military Medical Center, Bethesda, Maryland, United States