

Telemonitoring With CPAP in Severe Obstructive Sleep Apnea in Primary Health Care

NCT07464262

Status	RECRUITING
Phase	Not Applicable
Sponsor	Federal University of São Paulo
Enrollment	200 participants

Key Eligibility Criteria

Inclusion (5)

- Age between 18 and 75 years.
- Diagnosis of severe obstructive sleep apnea (OSA) confirmed by polysomnography with apnea-hypopnea index (AHI) ≥ 30 events/hour.
- New CPAP users (d30 days since initiation of CPAP therapy).
- Resident within the coverage area of the Southeast Regional Health Coordination (CRS Sudeste), São Paulo, Brazil.
- Ability to understand and sign the informed consent form.

Exclusion (8)

- Previous CPAP use for more than 30 days prior to enrollment.
- Indication for bilevel ventilation (BiPAP) or non-invasive ventilation due to conditions such as hypoventilation syndromes, chronic hypercapnic COPD, or neuromuscular diseases.
- Predominant central sleep apnea ($\geq 50\%$ central events) or Cheyne-Stokes respiration.
- Recent unstable or severe comorbidity (e.g., decompensated heart failure, acute coronary syndrome within 30 days, stroke within 3 months).
- Severe cognitive impairment or psychiatric disorder that prevents understanding of study procedures or adherence.

... and 3 more (see full listing online)

Locations (1 total)

Primary Health Care Units - Southeast Regional Health Coordination, São Paulo, São Paulo, Brazil