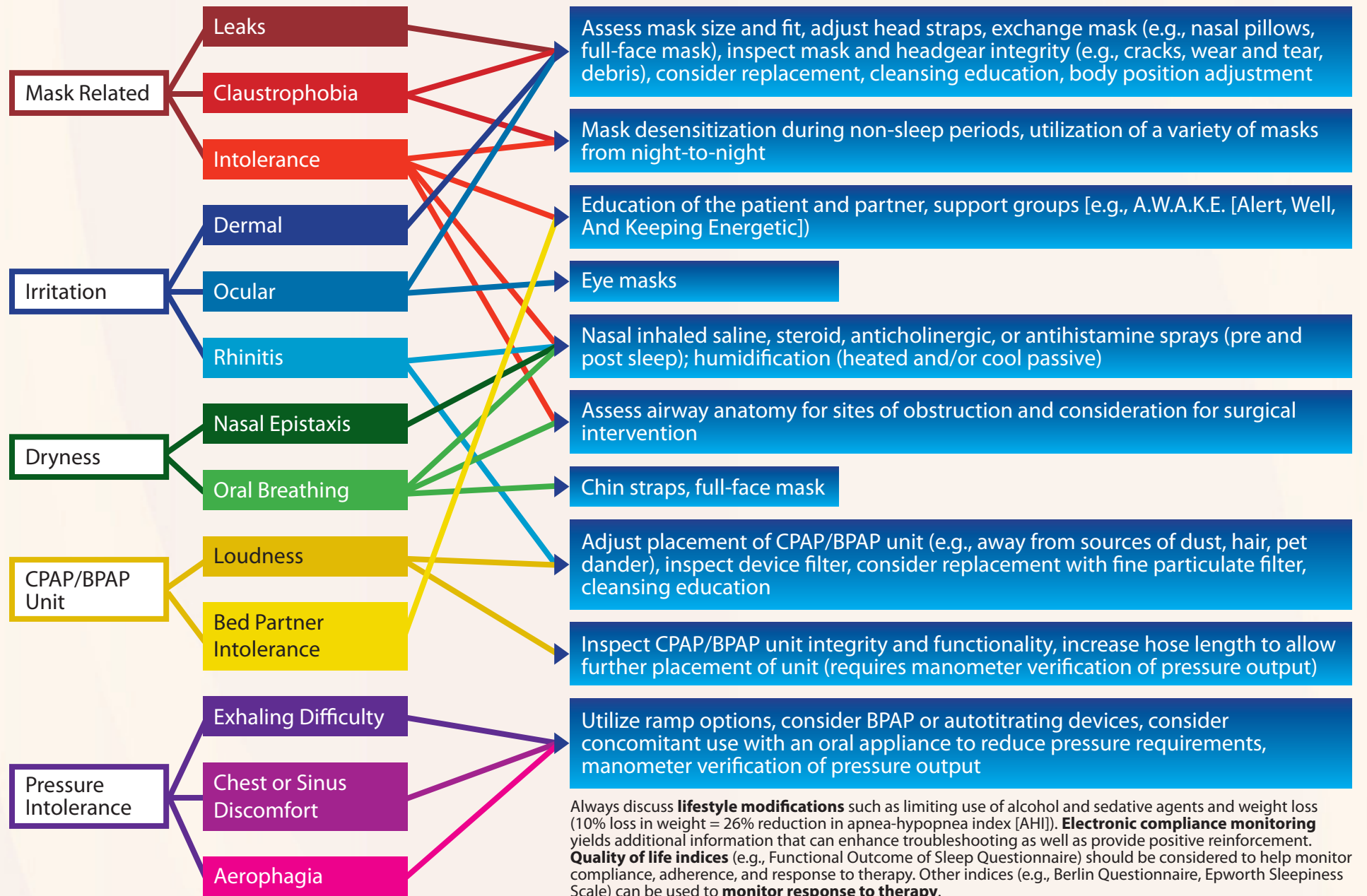


Understanding the Diagnosis and Treatment of Obstructive Sleep Apnea

Managing Complications and Compliance With CPAP



Always discuss **lifestyle modifications** such as limiting use of alcohol and sedative agents and weight loss (10% loss in weight = 26% reduction in apnea-hypopnea index [AHI]). **Electronic compliance monitoring** yields additional information that can enhance troubleshooting as well as provide positive reinforcement. **Quality of life indices** (e.g., Functional Outcome of Sleep Questionnaire) should be considered to help monitor compliance, adherence, and response to therapy. Other indices (e.g., Berlin Questionnaire, Epworth Sleepiness Scale) can be used to **monitor response to therapy**.