

Table 2. CPAP Use and Subjective Outcomes 90-Days after CPAP Dispensation

	Usual Care (n=129)	Tel-Ed (n=163)	Tel-TM (n=125)	Tel-Both (n=138)	Tel-Ed Effect (95% CI) p-value	Tel-TM Effect 95% CI p-value	Tel-Both Effect 95% CI p-value
Days used, %	64.8±34.2	68.6±31.3	76.6±28.3	78.3±28.3	2.8 (-2.3, 7.9) 0.28	10.6 (5.5, 15.7) <0.0001	13.4 (6.1, 20.8) 0.0004
Average usage on all days, h	3.8±2.5	4.0±2.4	4.4±2.2	4.8±2.3	0.3 (-0.1, 0.7) 0.10	0.8 (0.4, 1.15) 0.0002	1.1 (0.5, 1.7) 0.0002
Average usage on days used, h	5.2±1.8	5.2±1.8	5.3±1.7	5.8±1.6	0.2 (-0.1, 0.5) 0.13	0.4 (0.1, 0.7) 0.006	0.6 (0.2, 1.0) 0.003
Medicare adherence, n (%) ¹	69 (53.5)	100 (61.0)	82 (65.6)	101 (73.2)	1.4 (1.0, 2.0) 0.07	1.7 (1.2, 2.4) 0.003	2.4 (1.4, 3.9) 0.001
	(n=83)	(n=113)	(n=99)	(n=93)			
Change in ESS score ²	-3.7±4.7	-2.8±6.4	-3.7±5.2	-3.0±3.7	0.8 (-0.2, 1.9) 0.13	-0.14 (-1.2, 0.9) 0.80	0.7 (-0.9, 2.3) 0.38
Change in FOSQ-10 score ²	-14.2±10.3	-9.9±12.9	-10.9±11.2	-11.3±12.8	1.9 (-0.8, 4.5) 0.16	0.6 (-2.0, 3.3) 0.64	2.5 (-1.3, 6.4) 0.20

Values are mean ± standard deviation or number of patients (%).

AHI, apnea-hypopnea index; ESS, Epworth Sleepiness Scale; FOSQ, Functional Outcomes of Sleep Questionnaire; Tel-Ed, telemedicine-based education; Tel-TM, telemedicine-based telemonitoring; Tel-Both, telemedicine-based education and telemonitoring.

¹ Effect is the odds-ratio.

² While CPAP usage data was available for all patients, ESS and FOSQ-10 were available for only those that kept their 3-month follow-up appointment.