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Title: Evaluation of continuous positive airway pressure compliance in a group of obstructive sleep apnea patients

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Body: Currently, the treatment of choice for OSA is nasal CPAP but the documented efficacy of CPAP may be poor because of decreased compliance. Objective is to evaluate the CPAP compliance in a group of OSA patients in the state of Kuwait. Methods: 60 patients proved to have OSA by polysomnography, (ESS) and (FOSQ) were done for all patients then follow up for 3 months were done and then patients reassessed again. Results: Only 45 patients (75%) were compliant on CPAP with a mean runtime of 5.23 ± 0.46 hour / night, CPAP significantly improved the AHI from 44.89 ± 10.85 to 5.93 ± 1.68 / hour, ESS from 12.88 ± 2.32 to 3.47 ± 1.14 and total FOSQ from 83.78 ± 1.67 to 108.39 ± 1.40 ($p < 0.01$), on using correlation study there was significant correlation between the CPAP runtime and the baseline Body Mass Index (BMI), AHI, ESS but on using stepwise regression analysis the only 2 variables showed significant correlation were the BMI and ESS. Conclusion: in this group of patients the rate of CPAP compliance was considered good (75%) and the only factors that can predict short term CPAP compliance were the BMI and ESS. Key words: OSA, CPAP compliance, ESS, FOSQ.