

Study Protocol (Summary)

Study participants with mild to moderate obstructive sleep apnea (OSA) underwent 12 weeks of active treatment with the SleepFlex™ program of head and neck exercises.

Statistical analysis includes paired t-tests to evaluate primary and exploratory outcomes in participants who completed the study.

Results Summary

Enrolled participants: 10

Participants with data for analysis: 7

Outcomes are presented as baseline vs. 12-week measures

Total AHI: 15.5 ± 5.1 vs. 12.2 ± 5.5 events/hour ($p=0.11$)

Supine AHI: 21.0 ± 10.8 vs. 15.3 ± 6.0 events/hour ($p=0.048$)

Non-supine AHI: 7.3 ± 7.4 vs. 6.8 ± 6.7 events/hour ($p=0.064$)

Maximal inspiratory pressure: 93 ± 35 vs. 114 ± 34 kPa ($p=0.02$)

Maximal expiratory pressure: 108 ± 33 vs. 137 ± 14 kPa ($p=0.04$)

Anterior tongue strength: 53 ± 13 vs. 56 ± 10 kPa ($p=0.20$)