



IQWiG Reports – Commission No. E20-07

# **Sleep position therapy for obstructive sleep apnoea<sup>1</sup>**

**Extract**

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<sup>1</sup> Translation of the executive summary of the assessment of potential E20-07 *Schlafpositionstherapie bei obstruktiver Schlafapnoe* (Version 1.0; Status: 8 June 2020). Please note: This translation is provided as a service by IQWiG to English-language readers. However, solely the German original text is absolutely authoritative and legally binding.

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## **Executive summary**

In accordance with §137e of the German Social Code Book (SGB) V – statutory health insurance, the Federal Joint Committee (G-BA) commissioned the Institute for Quality and Efficiency in Health Care (IQWiG) to assess the potential of the method “sleep position therapy in obstructive sleep apnoea (OSA)”. The application was sent to IQWiG on 28 April 2020.

According to the applicant, sleep position therapy is used to treat patients with mild and moderate positional (i.e. related to sleeping on the back) OSA.

A total of 10 studies were available for the assessment. These included 6 randomized controlled trials (RCTs), 1 prospective comparative cohort study, and 3 non-comparative studies.

Results from 4 RCTs investigating patients with predominantly mild or moderate positional OSA were primarily used to assess sleep position therapy. Control interventions included treatment with positive airway pressure via a mask (PAP therapy), treatment with a mandibular advancement splint (MAS therapy), the tennis ball technique, and no intervention. The patient-relevant outcomes reported were daytime sleepiness, sleep quality, cognitive performance, adverse events, activities of daily living, as well as participation in occupational and social life and health-related quality of life.

Based on the documents submitted, the potential for sleep position therapy to be a necessary treatment alternative in patients with mild to moderate positional OSA can be inferred, particularly in those patients for whom PAP or MAS therapy is not an option or who do not tolerate it well. This potential results from the overall assessment from the 4 studies used, which in particular indicate an effectiveness of sleep position therapy with regard to health-related quality of life and indicate that the method might have fewer side effects compared with other treatments currently used.

Two ongoing studies comparing sleep position therapy vs. PAP or MAS therapy seem in principle suitable to provide further relevant results for the assessment of the benefit of the method in the near future.

A testing study suitable to provide the necessary findings to assess the benefit of the method is possible in principle.

The full report (German version) is published under

<https://www.iqwig.de/en/projects/e20-07.html>