

WEBVTT

NOTE duration:"00:50:51.4240000"

NOTE language:en-us

NOTE Confidence: 0.89239913

00:00:02.010 --> 00:00:02.850 OK, there we go.

NOTE Confidence: 0.8448843

00:00:29.240 --> 00:00:30.290 Alright everybody welcome.

NOTE Confidence: 0.8448843

00:00:30.290 --> 00:00:32.040 We're going to get started.

NOTE Confidence: 0.8448843

00:00:32.040 --> 00:00:34.315 My name is Lauren Tobias and I'd

NOTE Confidence: 0.8448843

00:00:34.315 --> 00:00:36.847 like to welcome you to our Yale

NOTE Confidence: 0.8448843

00:00:36.847 --> 00:00:38.335 Sleep Center this afternoon.

NOTE Confidence: 0.8448843

00:00:38.340 --> 00:00:40.090 I have a few quick

NOTE Confidence: 0.8448843

00:00:40.090 --> 00:00:41.490 announcements before we begin.

NOTE Confidence: 0.8448843

00:00:41.490 --> 00:00:43.422 First, please take a moment to

NOTE Confidence: 0.8448843

00:00:43.422 --> 00:00:45.902 ensure that you are muted in order

NOTE Confidence: 0.8448843

00:00:45.902 --> 00:00:48.140 to receive CME credit for attendance,

NOTE Confidence: 0.8448843

00:00:48.140 --> 00:00:50.210 please see the chat room instructions

NOTE Confidence: 0.8448843

00:00:50.210 --> 00:00:53.090 and you can text the unique ID for

NOTE Confidence: 0.8448843

00:00:53.090 --> 00:00:55.238 this conference anytime until 3:15 PM.

NOTE Confidence: 0.8448843

00:00:55.240 --> 00:00:57.112 Eastern Time, if you're not already

NOTE Confidence: 0.8448843

00:00:57.112 --> 00:00:58.360 registered with Chelsea meet.

NOTE Confidence: 0.8448843

00:00:58.360 --> 00:01:00.537 You will need to do that first.

NOTE Confidence: 0.8448843

00:01:00.540 --> 00:01:02.100 If you have any questions

NOTE Confidence: 0.8448843

00:01:02.100 --> 00:01:03.036 during the presentation,

NOTE Confidence: 0.8448843

00:01:03.040 --> 00:01:05.376 please feel free to make use of the

NOTE Confidence: 0.8448843

00:01:05.376 --> 00:01:07.748 chat rooms throughout the hour or we

NOTE Confidence: 0.8448843

00:01:07.748 --> 00:01:10.107 will invite people to unmute at the

NOTE Confidence: 0.8448843

00:01:10.107 --> 00:01:12.109 end and you can ask your question

NOTE Confidence: 0.8448843

00:01:12.109 --> 00:01:14.422 then we do have recorded versions of

NOTE Confidence: 0.8448843

00:01:14.422 --> 00:01:16.504 these talks that will be available

NOTE Confidence: 0.8448843

00:01:16.504 --> 00:01:18.821 online within two weeks and the link

NOTE Confidence: 0.8448843

00:01:18.821 --> 00:01:21.445 to those is also provided in the chat.

NOTE Confidence: 0.8448843

00:01:21.450 --> 00:01:22.216 And finally,

NOTE Confidence: 0.8448843

00:01:22.216 --> 00:01:24.514 please feel free to share announcements

NOTE Confidence: 0.8448843

00:01:24.514 --> 00:01:26.949 about our lecture series to anyone else

NOTE Confidence: 0.8448843

00:01:26.949 --> 00:01:29.300 who you think might be interested.

NOTE Confidence: 0.8448843

00:01:29.300 --> 00:01:31.490 Or you can contact Debbie Lovejoy

NOTE Confidence: 0.8448843

00:01:31.490 --> 00:01:34.169 to be added to our email list.

NOTE Confidence: 0.8448843

00:01:34.170 --> 00:01:36.408 Now a final announcement for today.

NOTE Confidence: 0.8448843

00:01:36.410 --> 00:01:38.654 I just want to let everybody

NOTE Confidence: 0.8448843

00:01:38.654 --> 00:01:40.150 know that this Friday,

NOTE Confidence: 0.8448843

00:01:40.150 --> 00:01:42.509 April 30th is our 6th annual Sleep

NOTE Confidence: 0.8448843

00:01:42.509 --> 00:01:44.432 and Symposium research slick sleep

NOTE Confidence: 0.8448843

00:01:44.432 --> 00:01:46.128 and Symptom Research Symposium.

NOTE Confidence: 0.8448843

00:01:46.130 --> 00:01:48.706 This is Co sponsored by the School

NOTE Confidence: 0.8448843

00:01:48.706 --> 00:01:51.647 of Nursing in the School of Medicine.

NOTE Confidence: 0.8448843

00:01:51.650 --> 00:01:53.722 And this is a free event that's

NOTE Confidence: 0.8448843

00:01:53.722 --> 00:01:55.638 open to everybody that will run

NOTE Confidence: 0.8448843

00:01:55.638 --> 00:01:57.558 from 10:00 o'clock in the morning

NOTE Confidence: 0.8448843

00:01:57.558 --> 00:01:59.280 until 2:00 in the afternoon,

NOTE Confidence: 0.8448843

00:01:59.280 --> 00:02:01.422 so please feel free to join us

NOTE Confidence: 0.8448843

00:02:01.422 --> 00:02:03.729 for part or all of this event.

NOTE Confidence: 0.8448843

00:02:03.730 --> 00:02:05.991 I'm going to put the link to

NOTE Confidence: 0.8448843

00:02:05.991 --> 00:02:07.948 register for this in the chat

NOTE Confidence: 0.8448843

00:02:07.948 --> 00:02:09.772 and it just takes a moment.

NOTE Confidence: 0.8448843

00:02:09.780 --> 00:02:11.544 So with that I'll turn this

NOTE Confidence: 0.8448843

00:02:11.544 --> 00:02:13.115 microphone over to Andres in

NOTE Confidence: 0.8448843

00:02:13.115 --> 00:02:14.780 check who's going to introduce

NOTE Confidence: 0.8448843

00:02:14.780 --> 00:02:16.450 Doctor Otukolo for today's talk.

NOTE Confidence: 0.8401873

00:02:21.590 --> 00:02:22.727 Good afternoon everyone.

NOTE Confidence: 0.8401873

00:02:22.727 --> 00:02:25.845 Thank you again for joining us and I

NOTE Confidence: 0.8401873

00:02:25.845 --> 00:02:28.233 have a distinct pleasure of introducing

NOTE Confidence: 0.8401873

00:02:28.233 --> 00:02:30.499 Doctor Adekola today for today's sleep

NOTE Confidence: 0.8401873

00:02:30.499 --> 00:02:32.837 grand rounds and I'm excited to do

NOTE Confidence: 0.8401873

00:02:32.840 --> 00:02:35.087 so because I have worked with Doctor

NOTE Confidence: 0.8401873

00:02:35.087 --> 00:02:37.329 Adekola and a couple of research  
NOTE Confidence: 0.8401873

00:02:37.329 --> 00:02:39.753 projects and he's been an outstanding  
NOTE Confidence: 0.8401873

00:02:39.753 --> 00:02:42.218 fellow this year and actually program.  
NOTE Confidence: 0.8401873

00:02:42.220 --> 00:02:44.726 But he has received his medical degree  
NOTE Confidence: 0.8401873

00:02:44.726 --> 00:02:47.092 at the Obafemi Awolowo College of  
NOTE Confidence: 0.8401873

00:02:47.092 --> 00:02:49.480 Health Sciences in Nigeria before he  
NOTE Confidence: 0.8401873

00:02:49.480 --> 00:02:52.940 made the journey to the United States and.  
NOTE Confidence: 0.8401873

00:02:52.940 --> 00:02:54.710 Long and short of it,  
NOTE Confidence: 0.8401873

00:02:54.710 --> 00:02:56.740 and he ended up becoming a resident  
NOTE Confidence: 0.8401873

00:02:56.740 --> 00:02:58.746 and intern at the University of  
NOTE Confidence: 0.8401873

00:02:58.746 --> 00:03:00.526 Connecticut and followed that with  
NOTE Confidence: 0.8401873

00:03:00.526 --> 00:03:03.344 being a chief resident at the Yale  
NOTE Confidence: 0.8401873

00:03:03.344 --> 00:03:04.980 Waterbury Eternal Medicine program.  
NOTE Confidence: 0.8401873

00:03:04.980 --> 00:03:06.745 And after that he realized  
NOTE Confidence: 0.8401873

00:03:06.745 --> 00:03:07.804 that clinical care,  
NOTE Confidence: 0.8401873

00:03:07.810 --> 00:03:08.540 his passion,

NOTE Confidence: 0.8401873

00:03:08.540 --> 00:03:11.095 and so he ended up doing personal

NOTE Confidence: 0.8401873

00:03:11.095 --> 00:03:13.688 care fellowships at the Beth Israel

NOTE Confidence: 0.8401873

00:03:13.688 --> 00:03:15.838 Medical Center in New Jersey.

NOTE Confidence: 0.8401873

00:03:15.840 --> 00:03:18.857 Followed by joining us for Sleep Fellowship.

NOTE Confidence: 0.8401873

00:03:18.860 --> 00:03:20.396 Before he did that,

NOTE Confidence: 0.8401873

00:03:20.396 --> 00:03:22.700 he has had a prolific history

NOTE Confidence: 0.8401873

00:03:22.778 --> 00:03:25.128 of presenting at the American

NOTE Confidence: 0.8401873

00:03:25.128 --> 00:03:27.478 Thoracic Society at the Chest,

NOTE Confidence: 0.8401873

00:03:27.480 --> 00:03:30.234 College of Physicians and American Heart

NOTE Confidence: 0.8401873

00:03:30.234 --> 00:03:33.334 Association and is also published in a

NOTE Confidence: 0.8401873

00:03:33.334 --> 00:03:36.099 paper in journals like the Blue Journal.

NOTE Confidence: 0.8401873

00:03:36.100 --> 00:03:38.686 And so I'm excited to introduce

NOTE Confidence: 0.8401873

00:03:38.686 --> 00:03:40.410 him for today's talk,

NOTE Confidence: 0.8401873

00:03:40.410 --> 00:03:43.714 and he's going to be focusing on the

NOTE Confidence: 0.8401873

00:03:43.714 --> 00:03:46.021 overlap between sleep apnea, insomnia,

NOTE Confidence: 0.8401873

00:03:46.021 --> 00:03:48.226 something that we see clinically.

NOTE Confidence: 0.8401873

00:03:48.230 --> 00:03:48.776 Quite frequently,

NOTE Confidence: 0.8401873

00:03:48.776 --> 00:03:50.687 and so just as a little bit

NOTE Confidence: 0.8401873

00:03:50.687 --> 00:03:51.990 of an advertisement.

NOTE Confidence: 0.8401873

00:03:51.990 --> 00:03:52.558 In addition,

NOTE Confidence: 0.8401873

00:03:52.558 --> 00:03:53.978 today's stock Holder is going

NOTE Confidence: 0.8401873

00:03:53.978 --> 00:03:55.880 to be giving a presentation at

NOTE Confidence: 0.8401873

00:03:55.880 --> 00:03:57.535 the American Academy of Sleep

NOTE Confidence: 0.8401873

00:03:57.535 --> 00:03:58.869 Medicine meeting this summer.

NOTE Confidence: 0.8401873

00:03:58.870 --> 00:04:00.526 He's invited to give a research

NOTE Confidence: 0.8401873

00:04:00.526 --> 00:04:02.811 talk and also will be giving a talk

NOTE Confidence: 0.8401873

00:04:02.811 --> 00:04:04.497 at the Sleep Research Symposium or

NOTE Confidence: 0.8401873

00:04:04.559 --> 00:04:06.779 presenting a poster in Sleep Research

NOTE Confidence: 0.8401873

00:04:06.779 --> 00:04:08.259 Symposium this coming Friday.

NOTE Confidence: 0.8401873

00:04:08.260 --> 00:04:10.764 So please stay tuned and without further ado,

NOTE Confidence: 0.8401873

00:04:10.770 --> 00:04:12.330 olowe the mic is yours.

NOTE Confidence: 0.8401873

00:04:12.330 --> 00:04:13.578 Let's take it away.

NOTE Confidence: 0.91894644

00:04:15.040 --> 00:04:20.190 Yeah, thank you for that very kind. Uh.

NOTE Confidence: 0.78016394

00:04:22.910 --> 00:04:25.560 Presentation are doctors in joke.

NOTE Confidence: 0.78016394

00:04:25.560 --> 00:04:28.210 You know my talk today?

NOTE Confidence: 0.78016394

00:04:28.210 --> 00:04:32.450 Mr Gas to comorbid insomnia and sleep apnea.

NOTE Confidence: 0.78016394

00:04:32.450 --> 00:04:35.670 What I call comet for shorts and

NOTE Confidence: 0.78016394

00:04:35.670 --> 00:04:38.995 the question is where are we

NOTE Confidence: 0.78016394

00:04:38.995 --> 00:04:41.459 with this clinical presentation?

NOTE Confidence: 0.78016394

00:04:41.460 --> 00:04:44.981 I decided to go with this topic

NOTE Confidence: 0.78016394

00:04:44.981 --> 00:04:48.927 just because it's so common and a

NOTE Confidence: 0.78016394

00:04:48.927 --> 00:04:51.837 large percentage of our population.

NOTE Confidence: 0.78016394

00:04:51.840 --> 00:04:53.568 In our sleep clinic,

NOTE Confidence: 0.78016394

00:04:53.568 --> 00:04:55.296 either presents with sleep

NOTE Confidence: 0.78016394

00:04:55.296 --> 00:04:57.629 apnea or insomnia or bolts,

NOTE Confidence: 0.78016394

00:04:57.630 --> 00:05:00.700 so I hope at the end of the stock I

NOTE Confidence: 0.78016394



00:05:00.789 --> 00:05:04.299 would have shared something interesting.

NOTE Confidence: 0.8581892

00:05:08.700 --> 00:05:13.369 Alright, I have no conflicts of interest.

NOTE Confidence: 0.8581892

00:05:13.370 --> 00:05:16.240 And then if you wish to get

NOTE Confidence: 0.8581892

00:05:16.240 --> 00:05:19.138 to see me for this talk,

NOTE Confidence: 0.8581892

00:05:19.140 --> 00:05:23.404 just text 21624 to the year CME accounts.

NOTE Confidence: 0.8581892

00:05:23.410 --> 00:05:27.900 So I would first start up by giving a brief

NOTE Confidence: 0.8581892

00:05:27.900 --> 00:05:32.630 synopsis of a case I saw in the sleep clinic.

NOTE Confidence: 0.8581892

00:05:32.630 --> 00:05:36.781 Miss A is a 48 year old woman with

NOTE Confidence: 0.8581892

00:05:36.781 --> 00:05:40.008 a past medical history of class 3,

NOTE Confidence: 0.8581892

00:05:40.010 --> 00:05:41.854 obesity, anxiety and depression.

NOTE Confidence: 0.8581892

00:05:41.854 --> 00:05:44.159 She presented with sleep onset,

NOTE Confidence: 0.8581892

00:05:44.160 --> 00:05:46.000 insomnia, and frequent awakenings.

NOTE Confidence: 0.8581892

00:05:46.000 --> 00:05:48.300 She also complained of snoring,

NOTE Confidence: 0.8581892

00:05:48.300 --> 00:05:50.144 gasping and choking episodes.

NOTE Confidence: 0.8581892

00:05:50.144 --> 00:05:51.527 I airport sleepiness,

NOTE Confidence: 0.8581892

00:05:51.530 --> 00:05:53.310 scale and was 12.

NOTE Confidence: 0.8581892

00:05:53.310 --> 00:05:55.980 Insomnia severity index of 22 and

NOTE Confidence: 0.8581892

00:05:56.073 --> 00:05:58.477 modified FSQ functional outcome

NOTE Confidence: 0.8581892

00:05:58.477 --> 00:06:01.482 of sleep Questionnaire was 18.

NOTE Confidence: 0.8581892

00:06:01.490 --> 00:06:04.616 She wait again June 27 pounds.

NOTE Confidence: 0.8581892

00:06:04.620 --> 00:06:08.596 A BMI of 51 and on visual oral

NOTE Confidence: 0.8581892

00:06:08.596 --> 00:06:11.910 examination and she was a mallampati

NOTE Confidence: 0.8581892

00:06:11.910 --> 00:06:16.326 4 hi on subsequent sleep study was 12

NOTE Confidence: 0.8581892

00:06:16.326 --> 00:06:19.805 an hour with them in oxygenation of

NOTE Confidence: 0.8581892

00:06:19.805 --> 00:06:24.628 97% and an idea of 87% a sleep diary.

NOTE Confidence: 0.8581892

00:06:24.628 --> 00:06:26.892 Also provided objective evidence

NOTE Confidence: 0.8581892

00:06:26.892 --> 00:06:30.593 of both sleep onset and sleep

NOTE Confidence: 0.8581892

00:06:30.593 --> 00:06:32.495 and maintenance insomnia.

NOTE Confidence: 0.8581892

00:06:32.500 --> 00:06:34.668 So, having said that,

NOTE Confidence: 0.8581892

00:06:34.668 --> 00:06:38.852 this is a common presentation which a lot

NOTE Confidence: 0.8581892

00:06:38.852 --> 00:06:42.196 of us can identify with in the clinic,

NOTE Confidence: 0.8581892

00:06:42.200 --> 00:06:44.068 and it brings forward.  
NOTE Confidence: 0.8581892

00:06:44.068 --> 00:06:48.026 The thoughts in terms of what are the  
NOTE Confidence: 0.8581892

00:06:48.026 --> 00:06:51.206 risk factors for patients who present  
NOTE Confidence: 0.8581892

00:06:51.206 --> 00:06:54.610 with comorbid insomnia and sleep apnea?  
NOTE Confidence: 0.8581892

00:06:54.610 --> 00:06:57.195 What impact will this patients  
NOTE Confidence: 0.8581892

00:06:57.195 --> 00:06:59.780 insomnia have on their obstructive  
NOTE Confidence: 0.8581892

00:06:59.862 --> 00:07:02.007 sleep apnea and vice versa?  
NOTE Confidence: 0.8581892

00:07:02.010 --> 00:07:04.770 And what's the optimal timing of  
NOTE Confidence: 0.8581892

00:07:04.770 --> 00:07:07.241 the treatment of this patients  
NOTE Confidence: 0.8581892

00:07:07.241 --> 00:07:10.463 once we determine what the best  
NOTE Confidence: 0.8581892

00:07:10.463 --> 00:07:12.849 approach to treatments will be,  
NOTE Confidence: 0.8581892

00:07:12.850 --> 00:07:16.180 so my learning objectives for today.  
NOTE Confidence: 0.8581892

00:07:16.180 --> 00:07:19.100 Is to dive into why?  
NOTE Confidence: 0.8581892

00:07:19.100 --> 00:07:20.932 Comorbid insomnia and obstructive  
NOTE Confidence: 0.8581892

00:07:20.932 --> 00:07:22.764 sleep apnea is important,  
NOTE Confidence: 0.8581892

00:07:22.770 --> 00:07:23.171 and,

NOTE Confidence: 0.8581892

00:07:23.171 --> 00:07:24.374 to you know,

NOTE Confidence: 0.8581892

00:07:24.374 --> 00:07:26.780 talk about the pathophysiology and the

NOTE Confidence: 0.8581892

00:07:26.858 --> 00:07:29.403 interplay of obstructive sleep apnea

NOTE Confidence: 0.8581892

00:07:29.403 --> 00:07:31.948 and insomnia in commissa patients.

NOTE Confidence: 0.8581892

00:07:31.950 --> 00:07:34.752 Review the different clinical faces of

NOTE Confidence: 0.8581892

00:07:34.752 --> 00:07:37.807 Camisa as well as address technical

NOTE Confidence: 0.8581892

00:07:37.807 --> 00:07:40.557 challenges in the management of

NOTE Confidence: 0.8581892

00:07:40.557 --> 00:07:43.666 this patient and I hope that at

NOTE Confidence: 0.8581892

00:07:43.666 --> 00:07:46.291 the end of the stock would have

NOTE Confidence: 0.8581892

00:07:46.291 --> 00:07:49.146 covered all of this objectives.

NOTE Confidence: 0.8581892

00:07:49.150 --> 00:07:52.966 So insomnia in general is defined as a

NOTE Confidence: 0.8581892

00:07:52.966 --> 00:07:55.750 persistent difficulty with sleep initiation,

NOTE Confidence: 0.8581892

00:07:55.750 --> 00:07:56.316 duration,

NOTE Confidence: 0.8581892

00:07:56.316 --> 00:07:56.882 consolidation,

NOTE Confidence: 0.8581892

00:07:56.882 --> 00:08:00.278 or quality that occurs despite adequate

NOTE Confidence: 0.8581892

00:08:00.278 --> 00:08:02.353 opportunity and circumstances for  
NOTE Confidence: 0.8581892

00:08:02.353 --> 00:08:04.945 sleep in and thereby resulting in  
NOTE Confidence: 0.8581892

00:08:04.945 --> 00:08:07.438 some form of daytime impairment.  
NOTE Confidence: 0.8581892

00:08:07.440 --> 00:08:10.315 Now they the main diagnostic  
NOTE Confidence: 0.8581892

00:08:10.315 --> 00:08:14.564 manuals in terms of the I see as  
NOTE Confidence: 0.8581892

00:08:14.564 --> 00:08:18.155 the three the DSM four or the ICD  
NOTE Confidence: 0.8581892

00:08:18.155 --> 00:08:21.377 10 all vary in their approach.  
NOTE Confidence: 0.8581892

00:08:21.380 --> 00:08:23.730 With regards to defining insomnia  
NOTE Confidence: 0.8581892

00:08:23.730 --> 00:08:26.080 and based on this definition,  
NOTE Confidence: 0.8581892

00:08:26.080 --> 00:08:29.608 it gives us a range of prevalence  
NOTE Confidence: 0.8581892

00:08:29.608 --> 00:08:32.190 extending from 10 to 4% depending  
NOTE Confidence: 0.8581892

00:08:32.190 --> 00:08:34.540 on how insomnia is defined,  
NOTE Confidence: 0.8581892

00:08:34.540 --> 00:08:36.890 either as a symptom or  
NOTE Confidence: 0.8581892

00:08:36.890 --> 00:08:38.770 as a specific disorder.  
NOTE Confidence: 0.8581892

00:08:38.770 --> 00:08:43.378 Again, you can have different prevalences.  
NOTE Confidence: 0.8581892

00:08:43.380 --> 00:08:44.682 Obstructive sleep order.

NOTE Confidence: 0.8581892

00:08:44.682 --> 00:08:47.118 A apnea, on the other hand,

NOTE Confidence: 0.8581892

00:08:47.118 --> 00:08:49.470 is a disorder characterized by upper

NOTE Confidence: 0.8581892

00:08:49.545 --> 00:08:52.467 airway narrowing or closure during sleep,

NOTE Confidence: 0.8581892

00:08:52.470 --> 00:08:54.530 while respiratory effort continues.

NOTE Confidence: 0.8581892

00:08:54.530 --> 00:08:57.105 There is a high disease

NOTE Confidence: 0.8581892

00:08:57.105 --> 00:08:59.400 body and as we as we know,

NOTE Confidence: 0.8581892

00:08:59.400 --> 00:09:01.495 associated with have just having

NOTE Confidence: 0.8581892

00:09:01.495 --> 00:09:04.080 obstructive sleep apnea alone or sleep

NOTE Confidence: 0.8581892

00:09:04.080 --> 00:09:06.630 apnea seven as an independent risk

NOTE Confidence: 0.8581892

00:09:06.630 --> 00:09:08.490 factor for cardiovascular disease,

NOTE Confidence: 0.8581892

00:09:08.490 --> 00:09:09.922 metabolic disease,

NOTE Confidence: 0.8581892

00:09:09.922 --> 00:09:12.070 and psychiatric disorders.

NOTE Confidence: 0.8581892

00:09:12.070 --> 00:09:14.800 Doctor sleep apnea has a

NOTE Confidence: 0.8581892

00:09:14.800 --> 00:09:17.530 prevalence of about 9 to

NOTE Confidence: 0.851447

00:09:17.644 --> 00:09:21.990 38%, So what is? Call me Sir.

NOTE Confidence: 0.851447

00:09:21.990 --> 00:09:25.658 What is comorbid insomnia and sleep apnea?

NOTE Confidence: 0.851447

00:09:25.660 --> 00:09:29.685 The first case of Camisa was actually

NOTE Confidence: 0.851447

00:09:29.685 --> 00:09:32.779 destroyed by Glenn Law in 1973

NOTE Confidence: 0.851447

00:09:32.779 --> 00:09:36.386 when at that time you wrote a paper

NOTE Confidence: 0.851447

00:09:36.386 --> 00:09:40.264 where it describes 2 middle age and

NOTE Confidence: 0.851447

00:09:40.264 --> 00:09:42.970 patients who had protracted history

NOTE Confidence: 0.851447

00:09:42.970 --> 00:09:45.090 of persistent nighttime arousals

NOTE Confidence: 0.851447

00:09:45.090 --> 00:09:47.140 and difficulty maintaining sleep.

NOTE Confidence: 0.851447

00:09:47.140 --> 00:09:50.560 Despite use of several are sedatives.

NOTE Confidence: 0.851447

00:09:50.560 --> 00:09:54.100 It was an important finding at that time,

NOTE Confidence: 0.851447

00:09:54.100 --> 00:09:56.767 'cause a lot of patients will put

NOTE Confidence: 0.851447

00:09:56.767 --> 00:09:58.814 would present with chronic insomnia

NOTE Confidence: 0.851447

00:09:58.814 --> 00:10:01.691 and would have used a sedatives and

NOTE Confidence: 0.851447

00:10:01.691 --> 00:10:05.303 and we know the implications of using

NOTE Confidence: 0.851447

00:10:05.303 --> 00:10:07.771 benzodiazepine's in obstructive sleep apnea.

NOTE Confidence: 0.851447

00:10:07.771 --> 00:10:10.057 So it concluded that an unknown

NOTE Confidence: 0.851447

00:10:10.057 --> 00:10:12.161 percentage of the larger number

NOTE Confidence: 0.851447

00:10:12.161 --> 00:10:14.376 of patients complaining of chronic

NOTE Confidence: 0.851447

00:10:14.376 --> 00:10:16.818 insomnia do have profound disorders

NOTE Confidence: 0.851447

00:10:16.818 --> 00:10:18.906 of respiratory our control.

NOTE Confidence: 0.80921775

00:10:22.230 --> 00:10:26.150 And then following this paper in 1973,

NOTE Confidence: 0.80921775

00:10:26.150 --> 00:10:30.198 there was a possibly a lack of research

NOTE Confidence: 0.80921775

00:10:30.198 --> 00:10:34.527 studies up to about 1999 and then 2001

NOTE Confidence: 0.80921775

00:10:34.527 --> 00:10:37.394 when Lichstein and Krakow published

NOTE Confidence: 0.80921775

00:10:37.394 --> 00:10:41.713 papers with regards to Camisa and their

NOTE Confidence: 0.80921775

00:10:41.713 --> 00:10:45.625 research at that time did bring attention

NOTE Confidence: 0.80921775

00:10:45.625 --> 00:10:49.572 to the presence of this conditions and

NOTE Confidence: 0.80921775

00:10:49.572 --> 00:10:53.653 that served as a spring spring board.

NOTE Confidence: 0.80921775

00:10:53.660 --> 00:10:56.125 For several order publications down

NOTE Confidence: 0.80921775

00:10:56.125 --> 00:10:59.879 the line up to the present time.

NOTE Confidence: 0.80921775

00:10:59.880 --> 00:11:03.163 But even then, in the large scope

NOTE Confidence: 0.80921775



00:11:03.163 --> 00:11:07.130 of data of large scheme of things,  
NOTE Confidence: 0.80921775

00:11:07.130 --> 00:11:10.714 not a lot of work has been done  
NOTE Confidence: 0.80921775

00:11:10.714 --> 00:11:13.858 with regards to commissa research.  
NOTE Confidence: 0.80921775

00:11:13.860 --> 00:11:17.647 So having said that, let's talk about  
NOTE Confidence: 0.80921775

00:11:17.647 --> 00:11:20.599 what the prevalence of camisa ES,  
NOTE Confidence: 0.80921775

00:11:20.600 --> 00:11:22.696 Crackle and his colleagues  
NOTE Confidence: 0.80921775

00:11:22.696 --> 00:11:25.316 looked at about 231 patients.  
NOTE Confidence: 0.80921775

00:11:25.320 --> 00:11:28.140 I'm with sleep disordered breathing and  
NOTE Confidence: 0.80921775

00:11:28.140 --> 00:11:32.570 they found out that half of the pop off  
NOTE Confidence: 0.80921775

00:11:32.570 --> 00:11:35.040 that population had clinically meaningful.  
NOTE Confidence: 0.80921775

00:11:35.040 --> 00:11:37.470 I'm insomnia, Smith and others.  
NOTE Confidence: 0.80921775

00:11:37.470 --> 00:11:38.928 Also prospectively studied  
NOTE Confidence: 0.80921775

00:11:38.928 --> 00:11:41.358 about 105 sleep apnea patients,  
NOTE Confidence: 0.80921775

00:11:41.360 --> 00:11:44.270 of which about 29% met the  
NOTE Confidence: 0.80921775

00:11:44.270 --> 00:11:45.725 criteria for insomnia.  
NOTE Confidence: 0.80921775

00:11:45.730 --> 00:11:49.125 So overall, in in the literature today,

NOTE Confidence: 0.80921775

00:11:49.130 --> 00:11:53.286 it's about a 30 to 50% comorbidity of

NOTE Confidence: 0.80921775

00:11:53.286 --> 00:11:56.376 insomnia in obstructive sleep apnea.

NOTE Confidence: 0.80921775

00:11:56.380 --> 00:11:59.400 How about the risk factors?

NOTE Confidence: 0.80921775

00:11:59.400 --> 00:12:00.390 Zangon orders?

NOTE Confidence: 0.80921775

00:12:00.390 --> 00:12:03.855 Did a meta analysis on 37 studies

NOTE Confidence: 0.80921775

00:12:03.855 --> 00:12:07.020 of camisa patients and what they

NOTE Confidence: 0.80921775

00:12:07.020 --> 00:12:10.492 found that was that the predominant

NOTE Confidence: 0.80921775

00:12:10.492 --> 00:12:13.684 insomnia presentation was difficulty

NOTE Confidence: 0.80921775

00:12:13.684 --> 00:12:16.876 maintaining sleep at 42%.

NOTE Confidence: 0.80921775

00:12:16.880 --> 00:12:19.895 There was also difficulty falling

NOTE Confidence: 0.80921775

00:12:19.895 --> 00:12:23.513 asleep at 18% and early morning

NOTE Confidence: 0.80921775

00:12:23.513 --> 00:12:26.408 awakening at 21% female patients.

NOTE Confidence: 0.80921775

00:12:26.408 --> 00:12:29.128 Pasculli were more likely to

NOTE Confidence: 0.80921775

00:12:29.128 --> 00:12:31.415 have difficulty falling asleep

NOTE Confidence: 0.80921775

00:12:31.415 --> 00:12:33.687 and early morning awakenings,

NOTE Confidence: 0.80921775

00:12:33.690 --> 00:12:36.726 and there was a correlation between  
NOTE Confidence: 0.80921775

00:12:36.726 --> 00:12:40.690 having a higher BMI and having insomnia.  
NOTE Confidence: 0.766668

00:12:43.740 --> 00:12:47.380 How about the pathophysiology of cammisa?  
NOTE Confidence: 0.766668

00:12:47.380 --> 00:12:49.812 It's interesting because insomnia,  
NOTE Confidence: 0.766668

00:12:49.812 --> 00:12:52.238 perpetrates, obstructive sleep apnea,  
NOTE Confidence: 0.766668

00:12:52.238 --> 00:12:54.056 and obstructive sleep  
NOTE Confidence: 0.766668

00:12:54.056 --> 00:12:55.874 apnea perpetrates insomnia,  
NOTE Confidence: 0.766668

00:12:55.880 --> 00:13:02.120 so it is just a a vicious cycle.  
NOTE Confidence: 0.766668

00:13:02.120 --> 00:13:05.543 Sleep onset Eegs of patients with Camisa  
NOTE Confidence: 0.766668

00:13:05.543 --> 00:13:08.540 did show elevated cortical arousal,  
NOTE Confidence: 0.766668

00:13:08.540 --> 00:13:10.680 especially during entry to  
NOTE Confidence: 0.766668

00:13:10.680 --> 00:13:13.355 sleep when compared to controls.  
NOTE Confidence: 0.766668

00:13:13.360 --> 00:13:17.272 Also, we do have studies shown that chronic  
NOTE Confidence: 0.766668

00:13:17.272 --> 00:13:19.779 insomniacs suffer from hyperarousal,  
NOTE Confidence: 0.766668

00:13:19.780 --> 00:13:23.518 evidenced by increased 24 our metabolic rate.  
NOTE Confidence: 0.766668

00:13:23.520 --> 00:13:26.275 Basically, this state of Hyperarousal

NOTE Confidence: 0.766668

00:13:26.275 --> 00:13:30.480 keeps them in a lighter stage of sleep,

NOTE Confidence: 0.766668

00:13:30.480 --> 00:13:32.508 which increases their vulnerability.

NOTE Confidence: 0.766668

00:13:32.508 --> 00:13:36.793 To have Nick episodes also when they have

NOTE Confidence: 0.766668

00:13:36.793 --> 00:13:39.129 ventilatory overshoots during arouse,

NOTE Confidence: 0.766668

00:13:39.130 --> 00:13:42.220 our customers increase our CO2 clearance,

NOTE Confidence: 0.766668

00:13:42.220 --> 00:13:45.601 which leads to a decrease in upper

NOTE Confidence: 0.766668

00:13:45.601 --> 00:13:48.753 airway muscle tone and increases the

NOTE Confidence: 0.766668

00:13:48.753 --> 00:13:52.512 tendency for them to have apnic episodes.

NOTE Confidence: 0.766668

00:13:52.520 --> 00:13:55.610 How about the other way around?

NOTE Confidence: 0.766668

00:13:55.610 --> 00:13:57.155 Obstructive sleep apnea?

NOTE Confidence: 0.766668

00:13:57.155 --> 00:13:58.700 Perpetrate in insomnia?

NOTE Confidence: 0.766668

00:13:58.700 --> 00:14:02.354 We do know that they can serve

NOTE Confidence: 0.766668

00:14:02.354 --> 00:14:03.920 as a precipitant.

NOTE Confidence: 0.766668

00:14:03.920 --> 00:14:06.530 For both our difficulty initiating

NOTE Confidence: 0.766668

00:14:06.530 --> 00:14:09.140 and difficulty maintaining and sleep,

NOTE Confidence: 0.766668

00:14:09.140 --> 00:14:13.308 and the idea is that when there is  
NOTE Confidence: 0.766668

00:14:13.308 --> 00:14:15.930 repeated struction of light sleep,  
NOTE Confidence: 0.766668

00:14:15.930 --> 00:14:19.647 it can subsequently lead to a perception  
NOTE Confidence: 0.766668

00:14:19.647 --> 00:14:22.710 of continued wakefulness for the patients.  
NOTE Confidence: 0.766668

00:14:22.710 --> 00:14:23.214 Now,  
NOTE Confidence: 0.766668

00:14:23.214 --> 00:14:26.238 this perceived sleep onset of sleep  
NOTE Confidence: 0.766668

00:14:26.238 --> 00:14:28.364 maintenance difficulty can subsequently  
NOTE Confidence: 0.766668

00:14:28.364 --> 00:14:31.059 lead to sleep related anxiety,  
NOTE Confidence: 0.766668

00:14:31.060 --> 00:14:33.304 thereby triggering the simplenet  
NOTE Confidence: 0.766668

00:14:33.304 --> 00:14:34.987 sympathetic nervous system.  
NOTE Confidence: 0.766668

00:14:34.990 --> 00:14:38.236 As well as the hypothalamic pituitary  
NOTE Confidence: 0.766668

00:14:38.236 --> 00:14:42.008 adrenal axis and which if this occurs  
NOTE Confidence: 0.766668

00:14:42.008 --> 00:14:45.038 repeatedly overtime it becomes a cue  
NOTE Confidence: 0.766668

00:14:45.038 --> 00:14:49.411 that then leads to conditioned insomnia  
NOTE Confidence: 0.766668

00:14:49.411 --> 00:14:51.676 or psychophysiological insomnia.  
NOTE Confidence: 0.7632057

00:14:53.810 --> 00:14:57.512 They thought mechanism I wanted to

NOTE Confidence: 0.7632057

00:14:57.512 --> 00:15:01.679 highlight was the mechanism of sleep depths.

NOTE Confidence: 0.7632057

00:15:01.680 --> 00:15:06.528 We do know that patients with camisa they

NOTE Confidence: 0.7632057

00:15:06.528 --> 00:15:10.713 have excessive wake time and basically we

NOTE Confidence: 0.7632057

00:15:10.713 --> 00:15:14.989 know that in patients with sleep apnea,

NOTE Confidence: 0.7632057

00:15:14.990 --> 00:15:18.015 one of the pathophysiological Pheno

NOTE Confidence: 0.7632057

00:15:18.015 --> 00:15:21.040 type is low arousal threshold.

NOTE Confidence: 0.7632057

00:15:21.040 --> 00:15:24.760 However, we studies have shown that.

NOTE Confidence: 0.7632057

00:15:24.760 --> 00:15:27.100 Arousal threshold varies across

NOTE Confidence: 0.7632057

00:15:27.100 --> 00:15:30.025 patients with obstructive sleep apnea,

NOTE Confidence: 0.7632057

00:15:30.030 --> 00:15:34.041 and we know that our results treshold

NOTE Confidence: 0.7632057

00:15:34.041 --> 00:15:37.069 reflex the patients sleep debts.

NOTE Confidence: 0.7632057

00:15:37.070 --> 00:15:41.342 Now, Unisan colleagues came up with a good

NOTE Confidence: 0.7632057

00:15:41.342 --> 00:15:46.048 way to measure a patients and slipped EPS

NOTE Confidence: 0.7632057

00:15:46.048 --> 00:15:51.130 by a concept called the odds ratio products,

NOTE Confidence: 0.7632057

00:15:51.130 --> 00:15:55.344 which you know basically is calculated from.

NOTE Confidence: 0.7632057

00:15:55.350 --> 00:15:59.165 The EEG and it ranges from zero,  
NOTE Confidence: 0.7632057

00:15:59.170 --> 00:16:02.440 which means deep sleep to 2.5,  
NOTE Confidence: 0.7632057

00:16:02.440 --> 00:16:05.275 which means wakefulness and studies  
NOTE Confidence: 0.7632057

00:16:05.275 --> 00:16:09.287 have shown that the sum of arousaler  
NOTE Confidence: 0.7632057

00:16:09.287 --> 00:16:12.515 of arousals and during sleep there  
NOTE Confidence: 0.7632057

00:16:12.515 --> 00:16:15.517 is ability index has a strong,  
NOTE Confidence: 0.7632057

00:16:15.520 --> 00:16:17.700 almost perfect correlation with  
NOTE Confidence: 0.7632057

00:16:17.700 --> 00:16:20.970 the odds and wish your products.  
NOTE Confidence: 0.7632057

00:16:20.970 --> 00:16:23.740 Also, the odds ratio products  
NOTE Confidence: 0.7632057

00:16:23.740 --> 00:16:25.956 correlates with the AHI.  
NOTE Confidence: 0.7632057

00:16:25.960 --> 00:16:29.044 So patients with obstructive sleep apnea  
NOTE Confidence: 0.7632057

00:16:29.044 --> 00:16:32.428 have a setting degree of sleep depth,  
NOTE Confidence: 0.7632057

00:16:32.430 --> 00:16:36.414 which we think is probably a traits cause.  
NOTE Confidence: 0.7632057

00:16:36.420 --> 00:16:38.408 Different patients with sleep  
NOTE Confidence: 0.7632057

00:16:38.408 --> 00:16:40.893 apnea have different sleep debts,  
NOTE Confidence: 0.7632057

00:16:40.900 --> 00:16:44.932 and even when we control for the patients

NOTE Confidence: 0.7632057

00:16:44.932 --> 00:16:48.865 age high by treating them with C Pap,

NOTE Confidence: 0.7632057

00:16:48.870 --> 00:16:49.740 you know,

NOTE Confidence: 0.7632057

00:16:49.740 --> 00:16:52.785 see PAP would improve the patients hi

NOTE Confidence: 0.7632057

00:16:52.785 --> 00:16:56.389 and improve the Arousal Awakening index.

NOTE Confidence: 0.7632057

00:16:56.390 --> 00:16:58.928 But really doesn't have any effects

NOTE Confidence: 0.7632057

00:16:58.928 --> 00:17:02.279 on the odds and wish your products,

NOTE Confidence: 0.7632057

00:17:02.280 --> 00:17:04.092 also confirming that patients

NOTE Confidence: 0.7632057

00:17:04.092 --> 00:17:06.357 have this intrinsic slip depth,

NOTE Confidence: 0.7632057

00:17:06.360 --> 00:17:09.066 which in turn determines how aroused,

NOTE Confidence: 0.7632057

00:17:09.070 --> 00:17:11.524 able and they have all their

NOTE Confidence: 0.7632057

00:17:11.524 --> 00:17:14.755 tendency to arouse when there is an

NOTE Confidence: 0.7632057

00:17:14.755 --> 00:17:16.775 external or internal disturbance.

NOTE Confidence: 0.7632057

00:17:16.780 --> 00:17:19.576 The odds ratio products nine year

NOTE Confidence: 0.7632057

00:17:19.576 --> 00:17:22.659 is just a better or a simple.

NOTE Confidence: 0.7632057

00:17:22.660 --> 00:17:25.444 I would say simpler way to

NOTE Confidence: 0.7632057



00:17:25.444 --> 00:17:27.300 measure the odds ratio.  
NOTE Confidence: 0.7632057

00:17:27.300 --> 00:17:28.788 Products and it's,  
NOTE Confidence: 0.7632057

00:17:28.788 --> 00:17:29.780 you know,  
NOTE Confidence: 0.7632057

00:17:29.780 --> 00:17:32.145 the measurements of the orchestration  
NOTE Confidence: 0.7632057

00:17:32.145 --> 00:17:35.720 products in the 1st 9 seconds after,  
NOTE Confidence: 0.7632057

00:17:35.720 --> 00:17:37.205 and arousal events.  
NOTE Confidence: 0.7632057

00:17:37.205 --> 00:17:39.680 So putting all this together,  
NOTE Confidence: 0.7632057

00:17:39.680 --> 00:17:42.896 insomnia in itself will cause hyper  
NOTE Confidence: 0.7632057

00:17:42.896 --> 00:17:45.578 arousability and increase the propensity  
NOTE Confidence: 0.7632057

00:17:45.578 --> 00:17:48.749 of the patient of a patient with  
NOTE Confidence: 0.7632057

00:17:48.749 --> 00:17:52.613 commissa to wake up on the other and  
NOTE Confidence: 0.7632057

00:17:52.613 --> 00:17:54.525 obstructive sleep apnea increases  
NOTE Confidence: 0.7632057

00:17:54.530 --> 00:17:58.247 apnic episodes and in the presence of.  
NOTE Confidence: 0.7632057

00:17:58.250 --> 00:17:58.788 No,  
NOTE Confidence: 0.7632057

00:17:58.788 --> 00:18:00.940 arousal threshold increases their  
NOTE Confidence: 0.7632057

00:18:00.940 --> 00:18:03.092 propensity to have excessive

NOTE Confidence: 0.7632057

00:18:03.092 --> 00:18:05.458 wait time through the night,

NOTE Confidence: 0.7632057

00:18:05.460 --> 00:18:08.352 and when we combine that with

NOTE Confidence: 0.7632057

00:18:08.352 --> 00:18:11.471 an already low sleep depth as

NOTE Confidence: 0.7632057

00:18:11.471 --> 00:18:14.729 measured by the odds ratio products,

NOTE Confidence: 0.7632057

00:18:14.730 --> 00:18:18.153 all of that comes together to determine

NOTE Confidence: 0.7632057

00:18:18.153 --> 00:18:21.428 the mechanism for excessive wait time.

NOTE Confidence: 0.7632057

00:18:21.430 --> 00:18:25.278 In Camisa there is still a lot of

NOTE Confidence: 0.7632057

00:18:25.278 --> 00:18:28.708 variance that is still not explained.

NOTE Confidence: 0.7632057

00:18:28.710 --> 00:18:30.090 So you know,

NOTE Confidence: 0.7632057

00:18:30.090 --> 00:18:32.390 we still need further research

NOTE Confidence: 0.7632057

00:18:32.390 --> 00:18:35.278 for better understanding of this.

NOTE Confidence: 0.7632057

00:18:35.280 --> 00:18:38.226 Patients haven't talked about the risk

NOTE Confidence: 0.7632057

00:18:38.226 --> 00:18:42.349 factors as well as the mechanism of camisa.

NOTE Confidence: 0.7632057

00:18:42.350 --> 00:18:46.284 Let's delve a little bit into what

NOTE Confidence: 0.7632057

00:18:46.284 --> 00:18:48.486 their clinical characteristics might

NOTE Confidence: 0.7632057

00:18:48.486 --> 00:18:51.440 be Hans Dot C and his colleagues.  
NOTE Confidence: 0.7632057

00:18:51.440 --> 00:18:53.960 They examine the Icelandic sleep  
NOTE Confidence: 0.7632057

00:18:53.960 --> 00:18:56.485 apnea co-ops, pretty large cohort,  
NOTE Confidence: 0.7632057

00:18:56.485 --> 00:18:59.542 and basically they were, you know.  
NOTE Confidence: 0.7632057

00:18:59.542 --> 00:19:02.122 Looking for the prevalence of  
NOTE Confidence: 0.7632057

00:19:02.122 --> 00:19:04.924 insomnia symptoms in this patient  
NOTE Confidence: 0.7632057

00:19:04.924 --> 00:19:06.676 sandwich sleep apnea.  
NOTE Confidence: 0.7632057

00:19:06.680 --> 00:19:09.866 They had two groups of patients,  
NOTE Confidence: 0.7632057

00:19:09.870 --> 00:19:12.530 those untreated with sleep apnea.  
NOTE Confidence: 0.7632057

00:19:12.530 --> 00:19:14.942 Sample size of 824,  
NOTE Confidence: 0.7632057

00:19:14.942 --> 00:19:18.560 and a control group of sample  
NOTE Confidence: 0.8462328

00:19:18.691 --> 00:19:22.810 size of 760. At two they obtained a  
NOTE Confidence: 0.8462328

00:19:22.810 --> 00:19:26.061 symptoms or defined insomnia based on  
NOTE Confidence: 0.8462328

00:19:26.061 --> 00:19:29.157 the basic Nordic slip question here,  
NOTE Confidence: 0.8462328

00:19:29.160 --> 00:19:32.870 which basically looks at two major questions.  
NOTE Confidence: 0.8462328

00:19:32.870 --> 00:19:35.540 Have you had difficulties falling asleep

NOTE Confidence: 0.8462328

00:19:35.540 --> 00:19:39.311 in the past three months that basically

NOTE Confidence: 0.8462328

00:19:39.311 --> 00:19:41.855 defines difficulty initiating sleep,

NOTE Confidence: 0.8462328

00:19:41.860 --> 00:19:45.192 or how often have you awakened at

NOTE Confidence: 0.8462328

00:19:45.192 --> 00:19:48.521 night and during the past three

NOTE Confidence: 0.8462328

00:19:48.521 --> 00:19:50.917 months to finding difficulty?

NOTE Confidence: 0.8462328

00:19:50.920 --> 00:19:53.995 Maintaining sleep and this questions

NOTE Confidence: 0.8462328

00:19:53.995 --> 00:19:58.067 were rated on five points and if

NOTE Confidence: 0.8462328

00:19:58.067 --> 00:20:00.743 you have four or more points,

NOTE Confidence: 0.8462328

00:20:00.750 --> 00:20:04.500 you are defined as having insomnia

NOTE Confidence: 0.8462328

00:20:04.500 --> 00:20:07.000 in that respective category.

NOTE Confidence: 0.8462328

00:20:07.000 --> 00:20:10.030 And of course they use excessive

NOTE Confidence: 0.8462328

00:20:10.030 --> 00:20:12.050 sleep at the airport,

NOTE Confidence: 0.8462328

00:20:12.050 --> 00:20:14.070 sleepiness and score to

NOTE Confidence: 0.8462328

00:20:14.070 --> 00:20:15.585 determine excessive sleepiness.

NOTE Confidence: 0.8462328

00:20:15.590 --> 00:20:18.920 So basically what they found.

NOTE Confidence: 0.8462328

00:20:18.920 --> 00:20:20.588 What's that difficulty?  
NOTE Confidence: 0.8462328

00:20:20.588 --> 00:20:23.924 Maintaining sleep just as observed earlier,  
NOTE Confidence: 0.8462328

00:20:23.930 --> 00:20:27.278 and was the overall most common,  
NOTE Confidence: 0.8462328

00:20:27.280 --> 00:20:28.903 presenting insomnia complaints  
NOTE Confidence: 0.8462328

00:20:28.903 --> 00:20:31.608 in sleep apnea patients when  
NOTE Confidence: 0.8462328

00:20:31.608 --> 00:20:34.519 compared to the general population,  
NOTE Confidence: 0.8462328

00:20:34.520 --> 00:20:37.598 they also found that woman with  
NOTE Confidence: 0.8462328

00:20:37.598 --> 00:20:39.650 obstructive sleep apnea who  
NOTE Confidence: 0.8462328

00:20:39.742 --> 00:20:43.084 tend to have both initiating and  
NOTE Confidence: 0.8462328

00:20:43.084 --> 00:20:45.312 maintaining sleep insomnia when  
NOTE Confidence: 0.8462328

00:20:45.399 --> 00:20:48.897 they present on patients who also  
NOTE Confidence: 0.8462328

00:20:48.897 --> 00:20:51.229 had difficulty maintaining sleep,  
NOTE Confidence: 0.8462328

00:20:51.230 --> 00:20:52.556 tend to have.  
NOTE Confidence: 0.8462328

00:20:52.556 --> 00:20:56.508 A higher F was sleeping at a scale  
NOTE Confidence: 0.8462328

00:20:56.508 --> 00:21:00.248 compared to those who presented  
NOTE Confidence: 0.8462328

00:21:00.248 --> 00:21:03.240 with difficulty initiating sleep.

NOTE Confidence: 0.81749433

00:21:06.550 --> 00:21:09.910 So among the patients who had

NOTE Confidence: 0.81749433

00:21:09.910 --> 00:21:12.710 obstructive sleep apnea and insomnia,

NOTE Confidence: 0.81749433

00:21:12.710 --> 00:21:16.046 female gender and smoking were independent

NOTE Confidence: 0.81749433

00:21:16.046 --> 00:21:19.374 risk factors for difficulty initiating sleep

NOTE Confidence: 0.81749433

00:21:19.374 --> 00:21:22.937 while age and RLS were independent risk

NOTE Confidence: 0.81749433

00:21:22.937 --> 00:21:26.150 factors for difficulty maintaining sleep.

NOTE Confidence: 0.81749433

00:21:26.150 --> 00:21:30.486 So I realized his restless leg syndrome also

NOTE Confidence: 0.81749433

00:21:30.486 --> 00:21:34.620 lower mental and physical qualities of life.

NOTE Confidence: 0.81749433

00:21:34.620 --> 00:21:37.986 We also see that with both difficult in the

NOTE Confidence: 0.81749433

00:21:37.986 --> 00:21:40.855 shading and difficulty maintaining sleep both

NOTE Confidence: 0.81749433

00:21:40.855 --> 00:21:44.230 amongst the controls as well as patients,

NOTE Confidence: 0.81749433

00:21:44.230 --> 00:21:47.638 we are sleep apnea.

NOTE Confidence: 0.81749433

00:21:47.640 --> 00:21:51.875 So a study by Wallace and colleagues

NOTE Confidence: 0.81749433

00:21:51.875 --> 00:21:54.979 arm followed up with this.

NOTE Confidence: 0.81749433

00:21:54.980 --> 00:21:58.876 An initial study an in Wallace study is

NOTE Confidence: 0.81749433

00:21:58.876 --> 00:22:03.589 aim was to identify sleep apnea patients

NOTE Confidence: 0.81749433

00:22:03.589 --> 00:22:07.219 based on their insomnia presentation.

NOTE Confidence: 0.81749433

00:22:07.220 --> 00:22:11.357 So he was to determine their their

NOTE Confidence: 0.81749433

00:22:11.357 --> 00:22:15.179 category based on the ISI profiles,

NOTE Confidence: 0.81749433

00:22:15.180 --> 00:22:17.584 Insomnia Severity Index profiles.

NOTE Confidence: 0.81749433

00:22:17.584 --> 00:22:21.809 And basically what it did was that

NOTE Confidence: 0.81749433

00:22:21.809 --> 00:22:25.477 he also wanted to determine what the

NOTE Confidence: 0.81749433

00:22:25.477 --> 00:22:28.628 predictors of these profiles where,

NOTE Confidence: 0.81749433

00:22:28.630 --> 00:22:31.420 and as we can see,

NOTE Confidence: 0.81749433

00:22:31.420 --> 00:22:34.870 a large percentage of this patients

NOTE Confidence: 0.81749433

00:22:34.870 --> 00:22:38.678 actually up to some the 774% of

NOTE Confidence: 0.81749433

00:22:38.678 --> 00:22:41.468 this patients actually had insomnia.

NOTE Confidence: 0.81749433

00:22:41.470 --> 00:22:43.099 The caveat, though,

NOTE Confidence: 0.81749433

00:22:43.099 --> 00:22:46.900 is that this study was done among

NOTE Confidence: 0.81749433

00:22:47.009 --> 00:22:49.058 VA veteran patients.

NOTE Confidence: 0.81749433

00:22:49.060 --> 00:22:53.028 Who we know have a higher level of

NOTE Confidence: 0.81749433

00:22:53.028 --> 00:22:56.108 insomnia than the general population

NOTE Confidence: 0.81749433

00:22:56.108 --> 00:22:59.403 which regards to predict us.

NOTE Confidence: 0.81749433

00:22:59.410 --> 00:23:02.860 He found out that mood disorder,

NOTE Confidence: 0.81749433

00:23:02.860 --> 00:23:04.010 chronic pain,

NOTE Confidence: 0.81749433

00:23:04.010 --> 00:23:06.885 and PTSD were predictors for

NOTE Confidence: 0.81749433

00:23:06.885 --> 00:23:08.610 having severe insomnia,

NOTE Confidence: 0.81749433

00:23:08.610 --> 00:23:12.614 whereas age was more of a predictor

NOTE Confidence: 0.81749433

00:23:12.614 --> 00:23:15.700 for having less of insomnia

NOTE Confidence: 0.81749433

00:23:15.700 --> 00:23:18.825 and having more of daytime.

NOTE Confidence: 0.81749433

00:23:18.830 --> 00:23:21.932 Symptoms and actually a one year

NOTE Confidence: 0.81749433

00:23:21.932 --> 00:23:25.102 age increment was associated with an

NOTE Confidence: 0.81749433

00:23:25.102 --> 00:23:27.683 approximately 4% lower likelihood of

NOTE Confidence: 0.81749433

00:23:27.683 --> 00:23:30.809 belonging to the severe insomnia category.

NOTE Confidence: 0.7885802

00:23:34.910 --> 00:23:39.066 So now that we know what the clinical

NOTE Confidence: 0.7885802

00:23:39.066 --> 00:23:41.789 characteristics of this patients is,

NOTE Confidence: 0.7885802



00:23:41.790 --> 00:23:43.826 what I had consequences.

NOTE Confidence: 0.7885802

00:23:43.826 --> 00:23:46.880 Why is camisa important and why

NOTE Confidence: 0.7885802

00:23:46.975 --> 00:23:50.245 should we know about this condition?

NOTE Confidence: 0.7885802

00:23:50.250 --> 00:23:54.359 Well, the study by Cyrus Ranta and

NOTE Confidence: 0.7885802

00:23:54.359 --> 00:23:57.139 colleagues really delved into that

NOTE Confidence: 0.7885802

00:23:57.139 --> 00:24:00.345 he was a cluster analysis and it

NOTE Confidence: 0.7885802

00:24:00.345 --> 00:24:03.587 was a large quarts of patients.

NOTE Confidence: 0.7885802

00:24:03.590 --> 00:24:05.835 The patients were actually got

NOTE Confidence: 0.7885802

00:24:05.835 --> 00:24:08.621 in from the European sleep apnea

NOTE Confidence: 0.7885802

00:24:08.621 --> 00:24:11.363 database and she looked at almost

NOTE Confidence: 0.7885802

00:24:11.363 --> 00:24:13.730 7000 patients with obstructive sleep

NOTE Confidence: 0.7885802

00:24:13.730 --> 00:24:16.472 apnea in this database and what

NOTE Confidence: 0.7885802

00:24:16.472 --> 00:24:19.690 you know she found out was she.

NOTE Confidence: 0.7885802

00:24:19.690 --> 00:24:22.450 She came up with four categories,

NOTE Confidence: 0.7885802

00:24:22.450 --> 00:24:23.830 those with insomnia,

NOTE Confidence: 0.7885802

00:24:23.830 --> 00:24:26.130 those with excessive daytime sleepiness,

NOTE Confidence: 0.7885802

00:24:26.130 --> 00:24:28.430 those with both insomnia and

NOTE Confidence: 0.7885802

00:24:28.430 --> 00:24:29.810 excessive daytime sleepiness,

NOTE Confidence: 0.7885802

00:24:29.810 --> 00:24:33.914 as well as those who had none of.

NOTE Confidence: 0.7885802

00:24:33.920 --> 00:24:37.539 This symptoms and again as we can

NOTE Confidence: 0.7885802

00:24:37.539 --> 00:24:41.280 see a large population more than

NOTE Confidence: 0.7885802

00:24:41.280 --> 00:24:44.694 50% had some form of insomnia and

NOTE Confidence: 0.7885802

00:24:44.694 --> 00:24:47.996 the other thing she found out was

NOTE Confidence: 0.7885802

00:24:47.996 --> 00:24:50.774 there was a higher comma mobility

NOTE Confidence: 0.7885802

00:24:50.774 --> 00:24:52.913 of cardiovascular pulmonary

NOTE Confidence: 0.7885802

00:24:52.913 --> 00:24:56.065 psychiatric disorders with respect

NOTE Confidence: 0.7885802

00:24:56.065 --> 00:24:59.217 to the insomnia category,

NOTE Confidence: 0.7885802

00:24:59.220 --> 00:25:04.467 and they also had a trend towards lower CPK.

NOTE Confidence: 0.7885802

00:25:04.470 --> 00:25:06.218 Usage which has been

NOTE Confidence: 0.7885802

00:25:06.218 --> 00:25:07.966 improving in the literature.

NOTE Confidence: 0.810811640000001

00:25:12.010 --> 00:25:14.894 So there are other studies that have

NOTE Confidence: 0.810811640000001

00:25:14.894 --> 00:25:17.654 looked at the other possible consequences  
NOTE Confidence: 0.810811640000001

00:25:17.654 --> 00:25:21.643 and what we know is that there is  
NOTE Confidence: 0.810811640000001

00:25:21.643 --> 00:25:24.961 greater use of sedative and psychotropic  
NOTE Confidence: 0.810811640000001

00:25:24.961 --> 00:25:27.107 medications in commissa patients.  
NOTE Confidence: 0.810811640000001

00:25:27.107 --> 00:25:30.029 They do have greater daytime impairments.  
NOTE Confidence: 0.810811640000001

00:25:30.030 --> 00:25:32.544 They have poorer physical and mental  
NOTE Confidence: 0.810811640000001

00:25:32.544 --> 00:25:35.872 quality of life an they have higher  
NOTE Confidence: 0.810811640000001

00:25:35.872 --> 00:25:37.972 likelihood of cerebrovascular disease  
NOTE Confidence: 0.810811640000001

00:25:37.972 --> 00:25:41.229 as observed by Gupta and colleagues.  
NOTE Confidence: 0.79638267

00:25:43.640 --> 00:25:45.684 So having said that,  
NOTE Confidence: 0.79638267

00:25:45.684 --> 00:25:49.452 we can see that the healthcare burden  
NOTE Confidence: 0.79638267

00:25:49.452 --> 00:25:53.058 of camisa he is quite astronomical.  
NOTE Confidence: 0.79638267

00:25:53.060 --> 00:25:56.500 Not only that, we can see that to  
NOTE Confidence: 0.79638267

00:25:56.500 --> 00:25:59.673 some extent as conditions we we  
NOTE Confidence: 0.79638267

00:25:59.673 --> 00:26:02.443 under diagnose patients with camisa  
NOTE Confidence: 0.79638267

00:26:02.443 --> 00:26:05.774 as opposed to just obstructive

NOTE Confidence: 0.79638267

00:26:05.774 --> 00:26:09.119 sleep apnea or standalone insomnia.

NOTE Confidence: 0.79638267

00:26:09.120 --> 00:26:13.075 So let's talk about diagnosis and treatment.

NOTE Confidence: 0.79638267

00:26:13.080 --> 00:26:16.440 What are the clinical challenges and that

NOTE Confidence: 0.79638267

00:26:16.440 --> 00:26:19.940 we face taking care of those patients?

NOTE Confidence: 0.79638267

00:26:19.940 --> 00:26:23.293 So my finger here illustrates what the

NOTE Confidence: 0.79638267

00:26:23.293 --> 00:26:26.288 conventional approach is and to the

NOTE Confidence: 0.79638267

00:26:26.288 --> 00:26:28.758 clinical management of comorbid patients.

NOTE Confidence: 0.79638267

00:26:28.760 --> 00:26:32.029 Usually they come to us without presenting

NOTE Confidence: 0.79638267

00:26:32.029 --> 00:26:35.128 complaints or a reason for referral,

NOTE Confidence: 0.79638267

00:26:35.130 --> 00:26:38.070 and that serves as a basis

NOTE Confidence: 0.79638267

00:26:38.070 --> 00:26:40.030 for a provisional diagnosis,

NOTE Confidence: 0.79638267

00:26:40.030 --> 00:26:43.537 which then leads us to two parallel.

NOTE Confidence: 0.79638267

00:26:43.540 --> 00:26:45.508 Clinical pathways if we're

NOTE Confidence: 0.79638267

00:26:45.508 --> 00:26:47.476 thinking more towards insomnia,

NOTE Confidence: 0.79638267

00:26:47.480 --> 00:26:50.438 would probably get a sleep diary,

NOTE Confidence: 0.79638267

00:26:50.440 --> 00:26:52.180 actigraphy some question yes,  
NOTE Confidence: 0.79638267

00:26:52.180 --> 00:26:54.790 and go down the Lane of  
NOTE Confidence: 0.79638267

00:26:54.878 --> 00:26:56.849 treating their insomnia.  
NOTE Confidence: 0.79638267

00:26:56.850 --> 00:26:59.808 With CBT, I or sometimes hypnotics,  
NOTE Confidence: 0.79638267

00:26:59.810 --> 00:27:02.270 and on the other hand,  
NOTE Confidence: 0.79638267

00:27:02.270 --> 00:27:04.735 if we're thinking of more  
NOTE Confidence: 0.79638267

00:27:04.735 --> 00:27:06.707 of obstructive sleep apnea,  
NOTE Confidence: 0.79638267

00:27:06.710 --> 00:27:10.182 we go down that route, assess them,  
NOTE Confidence: 0.79638267

00:27:10.182 --> 00:27:13.689 sat them on either CPAP therapy oral.  
NOTE Confidence: 0.79638267

00:27:13.690 --> 00:27:15.710 Appliance or power airway  
NOTE Confidence: 0.79638267

00:27:15.710 --> 00:27:18.240 stimulation and less likely surgery.  
NOTE Confidence: 0.79638267

00:27:18.240 --> 00:27:20.516 That's usually the conventional  
NOTE Confidence: 0.79638267

00:27:20.516 --> 00:27:23.930 approach and and the problem with  
NOTE Confidence: 0.79638267

00:27:24.018 --> 00:27:26.818 this approach is a lot of times,  
NOTE Confidence: 0.79638267

00:27:26.820 --> 00:27:29.850 like I alluded to earlier on,  
NOTE Confidence: 0.79638267

00:27:29.850 --> 00:27:31.758 you know, commissa patients.

NOTE Confidence: 0.79638267

00:27:31.758 --> 00:27:35.410 They come combined with with the symptoms,

NOTE Confidence: 0.79638267

00:27:35.410 --> 00:27:40.460 and if we focus on one more than the order,

NOTE Confidence: 0.79638267

00:27:40.460 --> 00:27:44.596 we may lose diagnosis of the order parameter.

NOTE Confidence: 0.79638267

00:27:44.600 --> 00:27:46.304 I'm while I'm going,

NOTE Confidence: 0.79638267

00:27:46.304 --> 00:27:48.702 you know, through the process.

NOTE Confidence: 0.79638267

00:27:48.702 --> 00:27:50.758 But having said that,

NOTE Confidence: 0.79638267

00:27:50.760 --> 00:27:54.048 I think you know one of the more

NOTE Confidence: 0.79638267

00:27:54.048 --> 00:27:56.432 interesting things to us today is

NOTE Confidence: 0.79638267

00:27:56.432 --> 00:27:58.652 how do we manage this patients?

NOTE Confidence: 0.79638267

00:27:58.660 --> 00:28:01.030 Is there an advantage of CBT?

NOTE Confidence: 0.79638267

00:28:01.030 --> 00:28:03.494 I I'm in addition to see Pap

NOTE Confidence: 0.79638267

00:28:03.494 --> 00:28:05.968 in in commissa patients and if

NOTE Confidence: 0.79638267

00:28:05.968 --> 00:28:07.744 there is an advantage,

NOTE Confidence: 0.79638267

00:28:07.750 --> 00:28:10.156 what would be the best signing

NOTE Confidence: 0.79638267

00:28:10.156 --> 00:28:12.880 for CDT I should we have CBT?

NOTE Confidence: 0.79638267

00:28:12.880 --> 00:28:15.855 I proud to see Pap or concurrently

NOTE Confidence: 0.79638267

00:28:15.855 --> 00:28:19.206 with CPAP or is there any role for.

NOTE Confidence: 0.79638267

00:28:19.210 --> 00:28:21.880 Hypnotics we see perhaps in the

NOTE Confidence: 0.79638267

00:28:21.880 --> 00:28:23.660 treatment of commissa patients.

NOTE Confidence: 0.79638267

00:28:23.660 --> 00:28:25.890 So to answer those questions,

NOTE Confidence: 0.79638267

00:28:25.890 --> 00:28:29.886 I would go back as far back as 2004.

NOTE Confidence: 0.79638267

00:28:29.890 --> 00:28:32.200 Crack how Anne and colleagues

NOTE Confidence: 0.79638267

00:28:32.200 --> 00:28:35.680 and he was the first to look at.

NOTE Confidence: 0.79638267

00:28:35.680 --> 00:28:36.123 It.

NOTE Confidence: 0.79638267

00:28:36.123 --> 00:28:38.781 Looked at 17 patients with chronic

NOTE Confidence: 0.79638267

00:28:38.781 --> 00:28:41.020 insomnia and he placed it.

NOTE Confidence: 0.79638267

00:28:41.020 --> 00:28:43.196 Did a prospective observational

NOTE Confidence: 0.79638267

00:28:43.196 --> 00:28:46.875 study place this patients on CBT I

NOTE Confidence: 0.79638267

00:28:46.875 --> 00:28:49.515 and after four weeks of CBT I he.

NOTE Confidence: 0.79638267

00:28:49.520 --> 00:28:51.970 Dan sent them for a sleep study

NOTE Confidence: 0.79638267

00:28:51.970 --> 00:28:54.383 and have them evaluated for

NOTE Confidence: 0.79638267

00:28:54.383 --> 00:28:56.300 sleep disordered breathing,

NOTE Confidence: 0.79638267

00:28:56.300 --> 00:28:59.222 and patients who had sleep disordered

NOTE Confidence: 0.79638267

00:28:59.222 --> 00:29:01.617 breathing were then placed on

NOTE Confidence: 0.79638267

00:29:01.617 --> 00:29:03.982 some form of therapy, either CPAP,

NOTE Confidence: 0.79638267

00:29:03.982 --> 00:29:06.237 an oral appliance or surgery.

NOTE Confidence: 0.79638267

00:29:06.240 --> 00:29:08.670 His outcome measures where changes

NOTE Confidence: 0.79638267

00:29:08.670 --> 00:29:11.976 in the severity of insomnia and the

NOTE Confidence: 0.79638267

00:29:11.976 --> 00:29:14.769 quality of sleep as measured by the

NOTE Confidence: 0.79638267

00:29:14.769 --> 00:29:17.524 highest I and the functional outcome

NOTE Confidence: 0.79638267

00:29:17.524 --> 00:29:20.290 of sleep questionnaire or the PSQI.

NOTE Confidence: 0.79638267

00:29:20.290 --> 00:29:23.720 And you wanted to also know how

NOTE Confidence: 0.79638267

00:29:23.720 --> 00:29:27.478 they did with regards to CPAP use.

NOTE Confidence: 0.79638267

00:29:27.480 --> 00:29:30.837 And as we can see in this graph of

NOTE Confidence: 0.79638267

00:29:30.837 --> 00:29:33.885 amine insomnia severity index against

NOTE Confidence: 0.79638267

00:29:33.885 --> 00:29:38.220 time when this patients initially got CBT,

NOTE Confidence: 0.79638267



00:29:38.220 --> 00:29:41.148 I there was a pretty significant  
NOTE Confidence: 0.79638267

00:29:41.148 --> 00:29:43.100 drop in their insomnia  
NOTE Confidence: 0.76736057

00:29:43.195 --> 00:29:46.190 and severity. And then when they  
NOTE Confidence: 0.76736057

00:29:46.190 --> 00:29:48.490 were followed with treatment for  
NOTE Confidence: 0.76736057

00:29:48.490 --> 00:29:51.219 their sleep disordered breathing.  
NOTE Confidence: 0.76736057

00:29:51.220 --> 00:29:54.937 There was a further decrease in their  
NOTE Confidence: 0.76736057

00:29:54.937 --> 00:29:57.934 insomnia symptom just to give the  
NOTE Confidence: 0.76736057

00:29:57.934 --> 00:30:01.190 specific numbers for the 7% of the  
NOTE Confidence: 0.76736057

00:30:01.190 --> 00:30:04.370 patients did show a clinical improvement  
NOTE Confidence: 0.76736057

00:30:04.370 --> 00:30:08.476 in the first phase after CBT I but  
NOTE Confidence: 0.76736057

00:30:08.476 --> 00:30:11.519 after the second phase we had 88%  
NOTE Confidence: 0.76736057

00:30:11.520 --> 00:30:13.990 improvement in their insomnia symptom.  
NOTE Confidence: 0.76736057

00:30:13.990 --> 00:30:18.445 I mean we can argue that it's a small.  
NOTE Confidence: 0.76736057

00:30:18.450 --> 00:30:20.794 It's a small study.  
NOTE Confidence: 0.76736057

00:30:20.794 --> 00:30:25.140 You know there were no control group.  
NOTE Confidence: 0.76736057

00:30:25.140 --> 00:30:28.074 But then Sweetman and colleagues Butte

NOTE Confidence: 0.76736057

00:30:28.074 --> 00:30:31.100 Appan there and crack house study,

NOTE Confidence: 0.76736057

00:30:31.100 --> 00:30:34.082 and indeed more of a randomized

NOTE Confidence: 0.76736057

00:30:34.082 --> 00:30:35.076 controlled trial.

NOTE Confidence: 0.76736057

00:30:35.080 --> 00:30:38.433 Looking at CBT I prior to CPAP

NOTE Confidence: 0.76736057

00:30:38.433 --> 00:30:40.550 versus treatment as usual,

NOTE Confidence: 0.76736057

00:30:40.550 --> 00:30:44.518 which is which which was just tap therapy.

NOTE Confidence: 0.76736057

00:30:44.520 --> 00:30:47.649 And he looked at 145 patients with

NOTE Confidence: 0.76736057

00:30:47.649 --> 00:30:50.978 Camisa is primary outcome was objective,

NOTE Confidence: 0.76736057

00:30:50.980 --> 00:30:53.510 average CPAP adherence as well

NOTE Confidence: 0.76736057

00:30:53.510 --> 00:30:55.534 as changes in sleep.

NOTE Confidence: 0.76736057

00:30:55.540 --> 00:30:57.248 Efficiency at six months.

NOTE Confidence: 0.76736057

00:30:57.248 --> 00:30:59.810 Secondary outcomes were rates of him

NOTE Confidence: 0.76736057

00:30:59.886 --> 00:31:02.370 idiotsitter acceptance or rejection.

NOTE Confidence: 0.76736057

00:31:02.370 --> 00:31:04.322 Changes in sleep parameters,

NOTE Confidence: 0.76736057

00:31:04.322 --> 00:31:07.250 insomnia and severity and daytime impairment.

NOTE Confidence: 0.76736057

00:31:07.250 --> 00:31:10.978 And this was what is flow chart looks  
NOTE Confidence: 0.76736057

00:31:10.978 --> 00:31:15.059 like two groups CBT I with 72 patients.  
NOTE Confidence: 0.76736057

00:31:15.060 --> 00:31:17.616 Treatment as usual with 73 patients  
NOTE Confidence: 0.76736057

00:31:17.616 --> 00:31:20.555 and then six weeks post randomization  
NOTE Confidence: 0.76736057

00:31:20.555 --> 00:31:22.867 and they were tightening.  
NOTE Confidence: 0.76736057

00:31:22.870 --> 00:31:25.870 They got C pap titration and  
NOTE Confidence: 0.76736057

00:31:25.870 --> 00:31:28.320 they were set up on.  
NOTE Confidence: 0.76736057

00:31:28.320 --> 00:31:31.144 On C PAP and then followed up three  
NOTE Confidence: 0.76736057

00:31:31.144 --> 00:31:34.356 months and then six months and with  
NOTE Confidence: 0.76736057

00:31:34.356 --> 00:31:36.300 basic questionnaire sleep diary,  
NOTE Confidence: 0.76736057

00:31:36.300 --> 00:31:39.480 home polysomnogram as well as assessments  
NOTE Confidence: 0.76736057

00:31:39.480 --> 00:31:43.069 of their see PAP at the parents.  
NOTE Confidence: 0.76736057

00:31:43.070 --> 00:31:46.556 This is a result of the study.  
NOTE Confidence: 0.76736057

00:31:46.560 --> 00:31:49.717 This is a graph of diary measured  
NOTE Confidence: 0.76736057

00:31:49.717 --> 00:31:52.030 sleep efficiency during treatments.  
NOTE Confidence: 0.76736057

00:31:52.030 --> 00:31:54.520 I'm sleep efficiency against time.

NOTE Confidence: 0.76736057  
00:31:54.520 --> 00:31:58.504 The blue line represents and the CBT group,  
NOTE Confidence: 0.76736057  
00:31:58.510 --> 00:32:01.000 and the orange dashed line  
NOTE Confidence: 0.76736057  
00:32:01.000 --> 00:32:03.490 represents treatment as usual group.  
NOTE Confidence: 0.76736057  
00:32:03.490 --> 00:32:07.466 And as we can see there was this  
NOTE Confidence: 0.76736057  
00:32:07.466 --> 00:32:09.560 initial improvement in sleep  
NOTE Confidence: 0.76736057  
00:32:09.560 --> 00:32:13.053 efficiency going all the way from 60s.  
NOTE Confidence: 0.76736057  
00:32:13.060 --> 00:32:16.380 Up to about 84% and they kind of  
NOTE Confidence: 0.76736057  
00:32:16.380 --> 00:32:19.040 coasted and maintain that over  
NOTE Confidence: 0.76736057  
00:32:19.040 --> 00:32:21.930 the course of their treatment.  
NOTE Confidence: 0.76736057  
00:32:21.930 --> 00:32:25.388 Also with regards to Insomnia severity index.  
NOTE Confidence: 0.76736057  
00:32:25.390 --> 00:32:25.921 Again,  
NOTE Confidence: 0.76736057  
00:32:25.921 --> 00:32:28.045 the insomnia severity against  
NOTE Confidence: 0.76736057  
00:32:28.045 --> 00:32:32.579 time we can see in the CBT I group  
NOTE Confidence: 0.76736057  
00:32:32.579 --> 00:32:35.243 and that there was a decrease.  
NOTE Confidence: 0.76736057  
00:32:35.250 --> 00:32:38.196 You know in, in, in insomnia.  
NOTE Confidence: 0.76736057

00:32:38.200 --> 00:32:40.984 And they also maintain that over  
NOTE Confidence: 0.76736057

00:32:40.984 --> 00:32:44.180 time as compared to the treatment.  
NOTE Confidence: 0.76736057

00:32:44.180 --> 00:32:47.588 As usual group and it was.  
NOTE Confidence: 0.76736057

00:32:47.590 --> 00:32:49.858 It was clinically significant  
NOTE Confidence: 0.76736057

00:32:49.858 --> 00:32:52.693 which regards to CPAP adherence.  
NOTE Confidence: 0.76736057

00:32:52.700 --> 00:32:55.385 There was improved average nightly  
NOTE Confidence: 0.76736057

00:32:55.385 --> 00:32:58.950 at the parents by 61 minutes.  
NOTE Confidence: 0.76736057

00:32:58.950 --> 00:33:00.086 Pretty significant.  
NOTE Confidence: 0.76736057

00:33:00.086 --> 00:33:02.926 There was also lower initial  
NOTE Confidence: 0.76736057

00:33:02.926 --> 00:33:04.630 PAP and rejection.  
NOTE Confidence: 0.76736057

00:33:04.630 --> 00:33:08.709 In fact there was an 87% reduction  
NOTE Confidence: 0.76736057

00:33:08.709 --> 00:33:12.054 in immediate CPAP rejection among  
NOTE Confidence: 0.76736057

00:33:12.054 --> 00:33:15.629 participants in the CBT I group.  
NOTE Confidence: 0.76736057

00:33:15.630 --> 00:33:17.930 He followed the initial study  
NOTE Confidence: 0.76736057

00:33:17.930 --> 00:33:20.802 with a second report looking at  
NOTE Confidence: 0.76736057

00:33:20.802 --> 00:33:23.247 sleepiness the week following CBT.

NOTE Confidence: 0.76736057

00:33:23.250 --> 00:33:26.834 I mean that that the city I component

NOTE Confidence: 0.76736057

00:33:26.834 --> 00:33:29.852 of sleep restriction and there was

NOTE Confidence: 0.76736057

00:33:29.852 --> 00:33:33.008 a 15% increase in in sleepiness.

NOTE Confidence: 0.76736057

00:33:33.008 --> 00:33:37.389 But then that went back down to the

NOTE Confidence: 0.76736057

00:33:37.389 --> 00:33:40.039 pre treatment levels over time.

NOTE Confidence: 0.76736057

00:33:40.040 --> 00:33:44.328 Now he followed that by a third report,

NOTE Confidence: 0.76736057

00:33:44.330 --> 00:33:46.282 which was quite interesting,

NOTE Confidence: 0.76736057

00:33:46.282 --> 00:33:49.210 and I thought I should share

NOTE Confidence: 0.76736057

00:33:49.303 --> 00:33:50.759 that information.

NOTE Confidence: 0.76736057

00:33:50.760 --> 00:33:51.230 Yes,

NOTE Confidence: 0.76736057

00:33:51.230 --> 00:33:54.520 this this is a graph of change

NOTE Confidence: 0.76736057

00:33:54.520 --> 00:33:58.257 in AHI against control and CBT.

NOTE Confidence: 0.8501122

00:33:58.260 --> 00:34:00.965 I looking at different parameters

NOTE Confidence: 0.8501122

00:34:00.965 --> 00:34:03.670 in different stages of sleep

NOTE Confidence: 0.8501122

00:34:03.766 --> 00:34:06.296 and basically the green bars.

NOTE Confidence: 0.8501122

00:34:06.300 --> 00:34:10.276 Yeah, the darker green bars and that's.

NOTE Confidence: 0.8501122

00:34:10.280 --> 00:34:12.465 In the summer time position

NOTE Confidence: 0.8501122

00:34:12.465 --> 00:34:15.160 and the lights are green bars.

NOTE Confidence: 0.8501122

00:34:15.160 --> 00:34:18.238 That's in the non supine position

NOTE Confidence: 0.8501122

00:34:18.238 --> 00:34:21.262 and basically just told report was

NOTE Confidence: 0.8501122

00:34:21.262 --> 00:34:23.908 evaluating the effects of CBT I

NOTE Confidence: 0.8501122

00:34:23.908 --> 00:34:27.040 on tap on the hi they were looking

NOTE Confidence: 0.8501122

00:34:27.040 --> 00:34:30.056 at the hi to see if there was

NOTE Confidence: 0.8501122

00:34:30.056 --> 00:34:33.946 any effect on on the hi and as we

NOTE Confidence: 0.8501122

00:34:33.946 --> 00:34:36.784 can see there was a significant

NOTE Confidence: 0.8501122

00:34:36.784 --> 00:34:40.029 effect on the Ahi in this patient.

NOTE Confidence: 0.8501122

00:34:40.030 --> 00:34:40.904 There was.

NOTE Confidence: 0.8501122

00:34:40.904 --> 00:34:45.370 Is 7 and a half events an hour greater?

NOTE Confidence: 0.8501122

00:34:45.370 --> 00:34:48.292 Hi difference across all sleep stages

NOTE Confidence: 0.8501122

00:34:48.292 --> 00:34:51.372 and postures so when we controlled

NOTE Confidence: 0.8501122

00:34:51.372 --> 00:34:54.498 for sleep stage and controlled for

NOTE Confidence: 0.8501122

00:34:54.498 --> 00:34:57.307 body position and when compared to

NOTE Confidence: 0.8501122

00:34:57.307 --> 00:35:00.268 control there was a 7.5 event per

NOTE Confidence: 0.8501122

00:35:00.268 --> 00:35:03.334 hour reduction in HI which I thought

NOTE Confidence: 0.8501122

00:35:03.334 --> 00:35:05.903 was pretty significant that that

NOTE Confidence: 0.8501122

00:35:05.903 --> 00:35:09.101 was the first study that actually

NOTE Confidence: 0.8501122

00:35:09.101 --> 00:35:12.220 showed that now hung and colleagues.

NOTE Confidence: 0.8501122

00:35:12.220 --> 00:35:16.450 Did follow up an with a study of their

NOTE Confidence: 0.8501122

00:35:16.450 --> 00:35:20.590 own after the Sweet Man study and

NOTE Confidence: 0.8501122

00:35:20.590 --> 00:35:25.198 basically what they did was to compare CBT.

NOTE Confidence: 0.8501122

00:35:25.200 --> 00:35:29.528 I prior to Peter ARTPOP therapy versus CBT.

NOTE Confidence: 0.8501122

00:35:29.530 --> 00:35:33.016 I concurrent with pap therapy versus

NOTE Confidence: 0.8501122

00:35:33.016 --> 00:35:36.770 just pop therapy only and so they

NOTE Confidence: 0.8501122

00:35:36.770 --> 00:35:39.857 had three hands of the study and

NOTE Confidence: 0.8501122

00:35:39.961 --> 00:35:43.166 basically followed them over 90.

NOTE Confidence: 0.8501122

00:35:43.170 --> 00:35:47.034 Days and the outcome measure was pretty

NOTE Confidence: 0.8501122



00:35:47.034 --> 00:35:51.407 much the same with the Sweet Man study.  
NOTE Confidence: 0.8501122

00:35:51.410 --> 00:35:53.054 Primary outcome sipopa  
NOTE Confidence: 0.8501122

00:35:53.054 --> 00:35:54.698 Darren secondary outcome.  
NOTE Confidence: 0.8501122

00:35:54.700 --> 00:35:57.988 Influence on insomnia and sleep symptoms.  
NOTE Confidence: 0.8501122

00:35:57.990 --> 00:36:02.760 And as you can see there was a reduction  
NOTE Confidence: 0.8501122

00:36:02.760 --> 00:36:06.869 in the Insomnia Severity Index.  
NOTE Confidence: 0.8501122

00:36:06.870 --> 00:36:11.510 In this draft, the blue line here is the CBT.  
NOTE Confidence: 0.8501122

00:36:11.510 --> 00:36:15.686 I prior to CPAP, the red line is CBT,  
NOTE Confidence: 0.8501122

00:36:15.690 --> 00:36:18.854 I concurrent with C pap and the  
NOTE Confidence: 0.8501122

00:36:18.854 --> 00:36:21.720 green line is part as usual.  
NOTE Confidence: 0.8501122

00:36:21.720 --> 00:36:25.424 So yes, there was a reduction in insomnia.  
NOTE Confidence: 0.8501122

00:36:25.430 --> 00:36:27.750 He was clinically significant between  
NOTE Confidence: 0.8501122

00:36:27.750 --> 00:36:30.999 the CBT groups and the pub groups.  
NOTE Confidence: 0.8501122

00:36:31.000 --> 00:36:31.487 However,  
NOTE Confidence: 0.8501122

00:36:31.487 --> 00:36:33.922 when you measure the difference  
NOTE Confidence: 0.8501122

00:36:33.922 --> 00:36:36.388 between CBT before Pap versus

NOTE Confidence: 0.8501122

00:36:36.388 --> 00:36:38.578 City I concurrent with pop.

NOTE Confidence: 0.8501122

00:36:38.580 --> 00:36:41.646 There was no difference at the 90

NOTE Confidence: 0.8501122

00:36:41.646 --> 00:36:45.059 day and time points or end points.

NOTE Confidence: 0.79616076

00:36:47.670 --> 00:36:51.510 Yeah, they also looked at specific

NOTE Confidence: 0.79616076

00:36:51.510 --> 00:36:55.370 clinical endpoints which they define as

NOTE Confidence: 0.79616076

00:36:55.370 --> 00:36:58.577 good sleepers, remission or response.

NOTE Confidence: 0.79616076

00:36:58.577 --> 00:37:02.591 So basically a good sleeper was

NOTE Confidence: 0.79616076

00:37:02.591 --> 00:37:07.220 defined as someone who had a large AA

NOTE Confidence: 0.79616076

00:37:07.220 --> 00:37:11.005 five point difference less than five

NOTE Confidence: 0.79616076

00:37:11.005 --> 00:37:14.375 difference in their PSQI remission.

NOTE Confidence: 0.79616076

00:37:14.380 --> 00:37:18.930 Clinically, was defined as an ISI score.

NOTE Confidence: 0.79616076

00:37:18.930 --> 00:37:21.946 Of less than eight at study end points

NOTE Confidence: 0.79616076

00:37:21.946 --> 00:37:24.619 and the response was basically defined

NOTE Confidence: 0.79616076

00:37:24.619 --> 00:37:28.330 as a reduction in the ISI score by

NOTE Confidence: 0.79616076

00:37:28.330 --> 00:37:31.403 more than seven points, so you know.

NOTE Confidence: 0.79616076

00:37:31.403 --> 00:37:35.230 Again, Green is CBT before pop Blue is CBT.  
NOTE Confidence: 0.79616076

00:37:35.230 --> 00:37:38.654 I whip up an Gray is pop only,  
NOTE Confidence: 0.79616076

00:37:38.660 --> 00:37:41.240 so there was a significant difference.  
NOTE Confidence: 0.79616076

00:37:41.240 --> 00:37:45.530 When we look at CBT with pop versus pop only.  
NOTE Confidence: 0.79616076

00:37:45.530 --> 00:37:48.197 But when we look at the timing  
NOTE Confidence: 0.79616076

00:37:48.197 --> 00:37:51.198 of CBT I before pop versus.  
NOTE Confidence: 0.79616076

00:37:51.200 --> 00:37:54.452 We pop, there was no clinically  
NOTE Confidence: 0.79616076

00:37:54.452 --> 00:37:56.078 significant and difference,  
NOTE Confidence: 0.79616076

00:37:56.080 --> 00:37:59.326 and that was quite interesting that,  
NOTE Confidence: 0.79616076

00:37:59.330 --> 00:38:02.576 you know, we have two randomized,  
NOTE Confidence: 0.79616076

00:38:02.580 --> 00:38:05.826 well done and randomized control trials,  
NOTE Confidence: 0.79616076

00:38:05.830 --> 00:38:09.316 but giving us different results with  
NOTE Confidence: 0.79616076

00:38:09.316 --> 00:38:12.880 regards to economics and and see Pap,  
NOTE Confidence: 0.79616076

00:38:12.880 --> 00:38:15.990 we already know that benzodiazapines  
NOTE Confidence: 0.79616076

00:38:15.990 --> 00:38:19.100 don't help and they increase  
NOTE Confidence: 0.79616076

00:38:19.205 --> 00:38:22.080 at Nick episodes and increase.

NOTE Confidence: 0.79616076

00:38:22.080 --> 00:38:25.446 The Noddy oxygen dissipation during sleep.

NOTE Confidence: 0.79616076

00:38:25.450 --> 00:38:28.865 However non benzodiazepine's might you

NOTE Confidence: 0.79616076

00:38:28.865 --> 00:38:32.907 know show some efficacy year literary

NOTE Confidence: 0.79616076

00:38:32.907 --> 00:38:37.067 and colleagues and did look at a couple

NOTE Confidence: 0.79616076

00:38:37.067 --> 00:38:41.160 of patients and and they showed that.

NOTE Confidence: 0.79616076

00:38:41.160 --> 00:38:43.900 And on benzodiazapines pasquali eggs

NOTE Confidence: 0.79616076

00:38:43.900 --> 00:38:47.832 or peak lawn and can improve tolerance

NOTE Confidence: 0.79616076

00:38:47.832 --> 00:38:52.216 of C pap titration and can also improve

NOTE Confidence: 0.79616076

00:38:52.313 --> 00:38:55.673 adherence to CPAP when used in in

NOTE Confidence: 0.79616076

00:38:55.673 --> 00:39:01.190 the initial days of a C pap therapy.

NOTE Confidence: 0.79616076

00:39:01.190 --> 00:39:04.634 So in summary with regards to therapy,

NOTE Confidence: 0.79616076

00:39:04.640 --> 00:39:08.584 CBT plus pop is better than pop alone.

NOTE Confidence: 0.79616076

00:39:08.590 --> 00:39:11.050 For insomnia symptoms the effects

NOTE Confidence: 0.79616076

00:39:11.050 --> 00:39:12.526 on pop adherence,

NOTE Confidence: 0.79616076

00:39:12.530 --> 00:39:12.959 well,

NOTE Confidence: 0.79616076

00:39:12.959 --> 00:39:15.962 we have two very well done studies  
NOTE Confidence: 0.79616076

00:39:15.962 --> 00:39:18.450 that show different results,  
NOTE Confidence: 0.79616076

00:39:18.450 --> 00:39:21.222 so that's still unclear the with  
NOTE Confidence: 0.79616076

00:39:21.222 --> 00:39:23.070 regards to sequential versus  
NOTE Confidence: 0.79616076

00:39:23.152 --> 00:39:25.727 concurrent CTI wypad again two  
NOTE Confidence: 0.79616076

00:39:25.727 --> 00:39:28.302 different results that still unclear.  
NOTE Confidence: 0.79616076

00:39:28.310 --> 00:39:31.316 We need for the studies too.  
NOTE Confidence: 0.79616076

00:39:31.320 --> 00:39:33.966 Before the clarify what should be  
NOTE Confidence: 0.79616076

00:39:33.966 --> 00:39:37.115 done we are seeing from the Sweet  
NOTE Confidence: 0.79616076

00:39:37.115 --> 00:39:40.139 Man study that CBT I can potentially  
NOTE Confidence: 0.79616076

00:39:40.233 --> 00:39:43.243 decrease the severity of obstructive  
NOTE Confidence: 0.79616076

00:39:43.243 --> 00:39:46.253 sleep apnea and zopiclone improves  
NOTE Confidence: 0.79616076

00:39:46.260 --> 00:39:48.252 CPAP titration and adherence.  
NOTE Confidence: 0.79616076

00:39:48.252 --> 00:39:51.240 So having said all of that,  
NOTE Confidence: 0.79616076

00:39:51.240 --> 00:39:55.040 I think you know one of the most  
NOTE Confidence: 0.79616076

00:39:55.040 --> 00:39:58.515 important things I'm in taking care of

NOTE Confidence: 0.79616076

00:39:58.515 --> 00:40:01.910 Camisa patients is a patient centered.

NOTE Confidence: 0.79616076

00:40:01.910 --> 00:40:02.508 Yeah,

NOTE Confidence: 0.79616076

00:40:02.508 --> 00:40:04.900 and that's you know,

NOTE Confidence: 0.79616076

00:40:04.900 --> 00:40:09.076 developing a treatment plan that puts.

NOTE Confidence: 0.79616076

00:40:09.080 --> 00:40:10.511 In the forefront,

NOTE Confidence: 0.79616076

00:40:10.511 --> 00:40:12.896 what is personally relevant to

NOTE Confidence: 0.79616076

00:40:12.896 --> 00:40:15.583 the patient as our previously

NOTE Confidence: 0.79616076

00:40:15.583 --> 00:40:17.779 presented different patients do

NOTE Confidence: 0.79616076

00:40:17.779 --> 00:40:20.530 have different risk factors and

NOTE Confidence: 0.79616076

00:40:20.530 --> 00:40:23.085 today presents in different ways.

NOTE Confidence: 0.79616076

00:40:23.090 --> 00:40:25.600 And understanding of this risk

NOTE Confidence: 0.79616076

00:40:25.600 --> 00:40:28.736 factors would help us to better

NOTE Confidence: 0.79616076

00:40:28.736 --> 00:40:31.396 take care of these patients.

NOTE Confidence: 0.79616076

00:40:31.400 --> 00:40:34.809 I think one thing is important and

NOTE Confidence: 0.79616076

00:40:34.809 --> 00:40:38.150 essential that taking care of commissa

NOTE Confidence: 0.79616076

00:40:38.150 --> 00:40:40.534 patients is multi disciplinary.

NOTE Confidence: 0.79616076

00:40:40.540 --> 00:40:43.150 It involves a sleep specialist

NOTE Confidence: 0.79616076

00:40:43.150 --> 00:40:44.716 on the primary.

NOTE Confidence: 0.79616076

00:40:44.720 --> 00:40:47.340 Care specialists are behavioral specialists.

NOTE Confidence: 0.79616076

00:40:47.340 --> 00:40:51.120 We you know we have to have all of

NOTE Confidence: 0.79616076

00:40:51.120 --> 00:40:55.344 of this on board and also frequent

NOTE Confidence: 0.79616076

00:40:55.344 --> 00:40:58.936 followups is a senchal to keep

NOTE Confidence: 0.79616076

00:40:58.936 --> 00:41:02.002 tabs with the patient and see

NOTE Confidence: 0.79616076

00:41:02.002 --> 00:41:05.122 if what we're actually doing is

NOTE Confidence: 0.79616076

00:41:05.122 --> 00:41:08.260 making a difference in their lives.

NOTE Confidence: 0.79616076

00:41:08.260 --> 00:41:09.334 Future directions.

NOTE Confidence: 0.79616076

00:41:09.334 --> 00:41:12.019 I think we need implementation.

NOTE Confidence: 0.79616076

00:41:12.020 --> 00:41:15.016 So these are in camisa to provide

NOTE Confidence: 0.79616076

00:41:15.016 --> 00:41:16.300 guidance for what

NOTE Confidence: 0.7714207

00:41:16.384 --> 00:41:19.552 the optimal therapy as well as

NOTE Confidence: 0.7714207

00:41:19.552 --> 00:41:21.664 combinations and sequence should

NOTE Confidence: 0.7714207

00:41:21.756 --> 00:41:25.396 be we do need guidance for other

NOTE Confidence: 0.7714207

00:41:25.396 --> 00:41:27.367 treatment combinations beyond just

NOTE Confidence: 0.7714207

00:41:27.367 --> 00:41:30.623 see DTI and tap therapy and I think

NOTE Confidence: 0.7714207

00:41:30.623 --> 00:41:33.995 it's interesting to study what the

NOTE Confidence: 0.7714207

00:41:33.995 --> 00:41:37.420 interplay would be between sleep debt,

NOTE Confidence: 0.7714207

00:41:37.420 --> 00:41:38.416 objective wakefulness,

NOTE Confidence: 0.7714207

00:41:38.416 --> 00:41:39.910 obstructive sleep apnea.

NOTE Confidence: 0.7714207

00:41:39.910 --> 00:41:43.000 During CBT I and C pap.

NOTE Confidence: 0.7714207

00:41:43.000 --> 00:41:45.535 Impatience with Camisa just to

NOTE Confidence: 0.7714207

00:41:45.535 --> 00:41:48.070 further elucidate what the potential

NOTE Confidence: 0.7714207

00:41:48.147 --> 00:41:50.187 mechanisms and like I said,

NOTE Confidence: 0.7714207

00:41:50.190 --> 00:41:53.207 there's still a lot of variance and

NOTE Confidence: 0.7714207

00:41:53.207 --> 00:41:56.165 that is unexplained with regards to

NOTE Confidence: 0.7714207

00:41:56.165 --> 00:41:58.810 excessive wakefulness in this patient.

NOTE Confidence: 0.7714207

00:41:58.810 --> 00:42:00.235 So in conclusion,

NOTE Confidence: 0.7714207



00:42:00.235 --> 00:42:02.135 comorbid insomnia in obstructive  
NOTE Confidence: 0.7714207

00:42:02.135 --> 00:42:05.029 sleep apnea is a highly prevalent,  
NOTE Confidence: 0.7714207

00:42:05.030 --> 00:42:06.950 but under recognized and  
NOTE Confidence: 0.7714207

00:42:06.950 --> 00:42:08.870 condition commits to patients.  
NOTE Confidence: 0.7714207

00:42:08.870 --> 00:42:11.260 They do have higher psychiatric,  
NOTE Confidence: 0.7714207

00:42:11.260 --> 00:42:11.751 cardiovascular,  
NOTE Confidence: 0.7714207

00:42:11.751 --> 00:42:14.206 and cerebral cerebral vascular comorbidities.  
NOTE Confidence: 0.7714207

00:42:14.210 --> 00:42:16.515 When compared to patients with  
NOTE Confidence: 0.7714207

00:42:16.515 --> 00:42:18.820 some obstructive sleep apnea alone,  
NOTE Confidence: 0.7714207

00:42:18.820 --> 00:42:20.768 the Insomnia severity Index,  
NOTE Confidence: 0.7714207

00:42:20.768 --> 00:42:23.690 sleep diary and other measures of  
NOTE Confidence: 0.7714207

00:42:23.771 --> 00:42:25.939 daytime impairment there paramounts  
NOTE Confidence: 0.7714207

00:42:25.939 --> 00:42:29.608 in evaluating this patients CBT I +  
NOTE Confidence: 0.7714207

00:42:29.608 --> 00:42:32.304 C PAP is better than CPAP alone and  
NOTE Confidence: 0.7714207

00:42:32.304 --> 00:42:34.494 multi disciplinary approach is key.  
NOTE Confidence: 0.7714207

00:42:34.494 --> 00:42:36.338 So having said that,

NOTE Confidence: 0.7714207

00:42:36.340 --> 00:42:39.720 I want to say a big thank you to my

NOTE Confidence: 0.7714207

00:42:39.824 --> 00:42:44.178 program director and Doctor King for support.

NOTE Confidence: 0.7714207

00:42:44.180 --> 00:42:47.000 Doctor crager. Four is awesome.

NOTE Confidence: 0.7714207

00:42:47.000 --> 00:42:48.620 Support doctors in troop.

NOTE Confidence: 0.7714207

00:42:48.620 --> 00:42:50.738 Thank you. You're always there.

NOTE Confidence: 0.7714207

00:42:50.738 --> 00:42:53.354 Always there to give a helping

NOTE Confidence: 0.7714207

00:42:53.354 --> 00:42:55.117 hand and to you know,

NOTE Confidence: 0.7714207

00:42:55.120 --> 00:42:58.368 direct me in in in the right direction.

NOTE Confidence: 0.7714207

00:42:58.370 --> 00:43:01.002 So thank you so much for being

NOTE Confidence: 0.7714207

00:43:01.002 --> 00:43:02.830 such a great mentor.

NOTE Confidence: 0.7714207

00:43:02.830 --> 00:43:04.860 And of course Dr Schneeberg,

NOTE Confidence: 0.7714207

00:43:04.860 --> 00:43:08.514 we send you a ton of patients with insomnia.

NOTE Confidence: 0.7714207

00:43:08.520 --> 00:43:11.776 I want to say thank you for you

NOTE Confidence: 0.7714207

00:43:11.776 --> 00:43:14.533 know keeping tabs on this patient

NOTE Confidence: 0.7714207

00:43:14.533 --> 00:43:16.843 and taking care of them.

NOTE Confidence: 0.7714207

00:43:16.850 --> 00:43:17.813 Having said that,  
NOTE Confidence: 0.7714207

00:43:17.813 --> 00:43:20.850 I am going to close my talk for today.  
NOTE Confidence: 0.8218679

00:43:28.990 --> 00:43:30.638 Thank you second call.  
NOTE Confidence: 0.8218679

00:43:30.638 --> 00:43:33.110 That was really a great overview.  
NOTE Confidence: 0.8218679

00:43:33.110 --> 00:43:36.406 I want to open it up for questions.  
NOTE Confidence: 0.8218679

00:43:36.410 --> 00:43:38.058 I will start off.  
NOTE Confidence: 0.8218679

00:43:38.058 --> 00:43:41.062 I, you know, having read all of  
NOTE Confidence: 0.8218679

00:43:41.062 --> 00:43:43.238 this literature and seeing what  
NOTE Confidence: 0.8218679

00:43:43.238 --> 00:43:45.452 the data is for using concurrent  
NOTE Confidence: 0.8218679

00:43:45.452 --> 00:43:47.896 CBT and C PAP initiation or  
NOTE Confidence: 0.8218679

00:43:47.896 --> 00:43:50.410 CBT prior to C PAP initiation,  
NOTE Confidence: 0.8218679

00:43:50.410 --> 00:43:52.888 how will this change your practice?  
NOTE Confidence: 0.8218679

00:43:52.890 --> 00:43:54.123 Everything you've learned  
NOTE Confidence: 0.8218679

00:43:54.123 --> 00:43:55.767 in preparing for this?  
NOTE Confidence: 0.8883347

00:43:58.100 --> 00:44:00.279 So I I think.  
NOTE Confidence: 0.8186888

00:44:02.310 --> 00:44:04.638 You know, going through sleep fellowship,

NOTE Confidence: 0.8186888

00:44:04.640 --> 00:44:07.416 you know at the beginning there's a there

NOTE Confidence: 0.8186888

00:44:07.416 --> 00:44:10.320 was a lot of partial knowledge and you

NOTE Confidence: 0.8186888

00:44:10.320 --> 00:44:13.588 know we put all that knowledge together.

NOTE Confidence: 0.8186888

00:44:13.590 --> 00:44:15.704 But as I come to the end

NOTE Confidence: 0.8186888

00:44:15.704 --> 00:44:18.259 of my my sleep fellowship,

NOTE Confidence: 0.8186888

00:44:18.260 --> 00:44:21.340 you know a lot of the knowledge has

NOTE Confidence: 0.8186888

00:44:21.340 --> 00:44:23.708 been consolidated and with my practice,

NOTE Confidence: 0.8186888

00:44:23.710 --> 00:44:26.426 absolutely this patients say they need CBT.

NOTE Confidence: 0.8186888

00:44:26.430 --> 00:44:29.951 I we have to, you know, put them on.

NOTE Confidence: 0.8186888

00:44:29.951 --> 00:44:32.333 CBT I you know we know.

NOTE Confidence: 0.8186888

00:44:32.340 --> 00:44:34.500 It's going to improve your CPAP,

NOTE Confidence: 0.8186888

00:44:34.500 --> 00:44:37.380 had errands is gonna help them cope better.

NOTE Confidence: 0.8186888

00:44:37.380 --> 00:44:40.308 So CBT I proud to see Pap would

NOTE Confidence: 0.8186888

00:44:40.308 --> 00:44:42.776 be the way to go for me.

NOTE Confidence: 0.8186888

00:44:42.780 --> 00:44:45.594 I know you would have further been

NOTE Confidence: 0.8186888

00:44:45.594 --> 00:44:48.437 research into this to see what you know

NOTE Confidence: 0.8186888

00:44:48.437 --> 00:44:51.059 should be done but I would do CBT.

NOTE Confidence: 0.8186888

00:44:51.060 --> 00:44:52.860 I proud to see Bob.

NOTE Confidence: 0.84635043

00:44:57.030 --> 00:44:57.742 Great thanks.

NOTE Confidence: 0.84635043

00:44:57.742 --> 00:44:59.878 Yeah, I think you know logistically.

NOTE Confidence: 0.84635043

00:44:59.880 --> 00:45:01.655 Sometimes we run into challenges

NOTE Confidence: 0.84635043

00:45:01.655 --> 00:45:03.075 of making that happen,

NOTE Confidence: 0.84635043

00:45:03.080 --> 00:45:04.037 and it's interesting.

NOTE Confidence: 0.84635043

00:45:04.037 --> 00:45:05.951 The questions that that sort of

NOTE Confidence: 0.84635043

00:45:05.951 --> 00:45:07.709 that your presentation raises.

NOTE Confidence: 0.84635043

00:45:07.710 --> 00:45:10.230 I think about some of the current

NOTE Confidence: 0.84635043

00:45:10.230 --> 00:45:12.687 insurance rules about when we see someone,

NOTE Confidence: 0.84635043

00:45:12.690 --> 00:45:14.916 and then when their sleep study

NOTE Confidence: 0.84635043

00:45:14.916 --> 00:45:17.132 has to be completed and when

NOTE Confidence: 0.84635043

00:45:17.132 --> 00:45:19.094 they have to receive C pap.

NOTE Confidence: 0.84635043

00:45:19.100 --> 00:45:21.881 And if in fact one of the routes for

NOTE Confidence: 0.84635043

00:45:21.881 --> 00:45:24.081 care is that they should actually

NOTE Confidence: 0.84635043

00:45:24.081 --> 00:45:27.251 get CBT 1st and get plugged in with

NOTE Confidence: 0.84635043

00:45:27.251 --> 00:45:29.813 that before they get their machine.

NOTE Confidence: 0.84635043

00:45:29.820 --> 00:45:32.417 That kind of changes our thinking about

NOTE Confidence: 0.84635043

00:45:32.417 --> 00:45:35.139 how we should arrange this workflow,

NOTE Confidence: 0.84635043

00:45:35.140 --> 00:45:36.187 but thank you.

NOTE Confidence: 0.84635043

00:45:36.187 --> 00:45:38.281 It was a really excellent overview

NOTE Confidence: 0.84635043

00:45:38.281 --> 00:45:40.859 of everything question anyone else.

NOTE Confidence: 0.86312586

00:45:43.450 --> 00:45:45.886 Although I have a quick question,

NOTE Confidence: 0.86312586

00:45:45.886 --> 00:45:47.916 do you think that all

NOTE Confidence: 0.86312586

00:45:47.920 --> 00:45:51.015 sleep apnea patients should receive CBT I?

NOTE Confidence: 0.86312586

00:45:51.015 --> 00:45:53.200 Prior to being started on treatment.

NOTE Confidence: 0.7842147

00:45:55.340 --> 00:45:58.796 So I I I do not think all

NOTE Confidence: 0.7842147

00:45:58.796 --> 00:46:01.539 sleep apnea patients shoot,

NOTE Confidence: 0.7842147

00:46:01.540 --> 00:46:05.560 you know, they all have this.

NOTE Confidence: 0.7842147

00:46:05.560 --> 00:46:07.856 Multiple clinical phenotypes of  
NOTE Confidence: 0.7842147

00:46:07.856 --> 00:46:11.300 how you know they they present.  
NOTE Confidence: 0.7842147

00:46:11.300 --> 00:46:14.170 Certainly the patients with insomnia,  
NOTE Confidence: 0.7842147

00:46:14.170 --> 00:46:15.892 you know, should,  
NOTE Confidence: 0.7842147

00:46:15.892 --> 00:46:19.336 especially those who have you know,  
NOTE Confidence: 0.7842147

00:46:19.340 --> 00:46:22.425 difficulty initiating sleep and and  
NOTE Confidence: 0.7842147

00:46:22.425 --> 00:46:26.638 have this iPod arousal state is usually  
NOTE Confidence: 0.7842147

00:46:26.638 --> 00:46:30.236 very difficult for them to cope with.  
NOTE Confidence: 0.7842147

00:46:30.240 --> 00:46:33.690 You know, using using C pap,  
NOTE Confidence: 0.7842147

00:46:33.690 --> 00:46:37.218 so definitely those patients I would.  
NOTE Confidence: 0.7842147

00:46:37.220 --> 00:46:39.404 You know, put on CBC I bought,  
NOTE Confidence: 0.7842147

00:46:39.410 --> 00:46:41.288 but not not everyone, not everyone.  
NOTE Confidence: 0.8885628

00:46:46.550 --> 00:46:47.530 I would love to hear.  
NOTE Confidence: 0.8885628

00:46:47.530 --> 00:46:49.190 I know there is some.  
NOTE Confidence: 0.8885628

00:46:49.190 --> 00:46:50.708 Oh God, is there a question?  
NOTE Confidence: 0.85586345

00:46:53.690 --> 00:46:56.930 I was going to say I would love to hear

NOTE Confidence: 0.85586345

00:46:57.020 --> 00:47:00.100 from many of the psychologist I know.

NOTE Confidence: 0.85586345

00:47:00.100 --> 00:47:03.276 We have at least a couple I think

NOTE Confidence: 0.85586345

00:47:03.276 --> 00:47:05.378 behavioral psychologists on the call today.

NOTE Confidence: 0.85586345

00:47:05.380 --> 00:47:09.150 If people want to chime in and sort of share,

NOTE Confidence: 0.85586345

00:47:09.150 --> 00:47:11.412 you know their experience about managing

NOTE Confidence: 0.85586345

00:47:11.412 --> 00:47:13.343 patients who are concurrently dealing

NOTE Confidence: 0.85586345

00:47:13.343 --> 00:47:15.557 with both insomnia and CPAP acclimation.

NOTE Confidence: 0.85586345

00:47:15.560 --> 00:47:18.584 I know that those can be challenging

NOTE Confidence: 0.85586345

00:47:18.584 --> 00:47:21.660 things to deal with simultaneously.

NOTE Confidence: 0.85586345

00:47:21.660 --> 00:47:24.748 But it's it's heartening to see that we

NOTE Confidence: 0.85586345

00:47:24.748 --> 00:47:27.250 can potentially have favorable impact on

NOTE Confidence: 0.85586345

00:47:27.250 --> 00:47:30.230 each disease with treatment of the other.

NOTE Confidence: 0.87493503

00:47:42.640 --> 00:47:46.584 I have a quick question to ask her.

NOTE Confidence: 0.87493503

00:47:46.584 --> 00:47:50.042 This is the stupid man from California

NOTE Confidence: 0.87493503

00:47:50.042 --> 00:47:53.786 in patients who have strictly sleep

NOTE Confidence: 0.87493503



00:47:53.790 --> 00:47:56.134 maintenance insomnia with zero  
NOTE Confidence: 0.87493503

00:47:56.134 --> 00:47:59.986 sleep onset insomnia I have seen.  
NOTE Confidence: 0.87493503

00:47:59.990 --> 00:48:02.106 Usually very good result.  
NOTE Confidence: 0.87493503

00:48:02.106 --> 00:48:05.950 When you can control the sleep apnea.  
NOTE Confidence: 0.87493503

00:48:05.950 --> 00:48:08.658 The sleep maintenance insomnia  
NOTE Confidence: 0.87493503

00:48:08.658 --> 00:48:12.720 improves is that a special group  
NOTE Confidence: 0.87493503

00:48:12.836 --> 00:48:16.708 that would tend not to need CPI CPI?  
NOTE Confidence: 0.859701

00:48:20.000 --> 00:48:24.090 So yeah, so absolutely there is.  
NOTE Confidence: 0.859701

00:48:24.090 --> 00:48:29.546 You know that group of patients who have,  
NOTE Confidence: 0.859701

00:48:29.550 --> 00:48:33.710 you know, just you know, sleep,  
NOTE Confidence: 0.859701

00:48:33.710 --> 00:48:36.710 maintenance, insomnia that is  
NOTE Confidence: 0.859701

00:48:36.710 --> 00:48:39.710 particularly majorly driven by.  
NOTE Confidence: 0.859701

00:48:39.710 --> 00:48:42.832 The Apnic episodes they get so we  
NOTE Confidence: 0.859701

00:48:42.832 --> 00:48:45.574 do have those group of patients  
NOTE Confidence: 0.859701

00:48:45.574 --> 00:48:48.626 that you place them on C pap  
NOTE Confidence: 0.859701

00:48:48.727 --> 00:48:51.667 and they will improve our ever.

NOTE Confidence: 0.859701

00:48:51.670 --> 00:48:55.261 The problem is we also have a group of

NOTE Confidence: 0.859701

00:48:55.261 --> 00:48:58.302 patients that would also present the same

NOTE Confidence: 0.859701

00:48:58.302 --> 00:49:01.789 way but would not necessarily improve.

NOTE Confidence: 0.859701

00:49:01.790 --> 00:49:04.898 You know with C pap and that's

NOTE Confidence: 0.859701

00:49:04.898 --> 00:49:08.220 where the issue of sleep depth as

NOTE Confidence: 0.859701

00:49:08.220 --> 00:49:11.058 a trait comes into play 'cause.

NOTE Confidence: 0.859701

00:49:11.060 --> 00:49:13.224 Different people have different

NOTE Confidence: 0.859701

00:49:13.224 --> 00:49:15.929 sleep debts and have different

NOTE Confidence: 0.859701

00:49:15.929 --> 00:49:18.100 tendencies to arouse from sleep.

NOTE Confidence: 0.859701

00:49:18.100 --> 00:49:20.200 When there's a disturbance.

NOTE Confidence: 0.859701

00:49:20.200 --> 00:49:25.138 So I would say again when it comes to that,

NOTE Confidence: 0.859701

00:49:25.140 --> 00:49:28.668 the individual patient and an you know,

NOTE Confidence: 0.859701

00:49:28.670 --> 00:49:31.676 like I mentioned in the presentation,

NOTE Confidence: 0.859701

00:49:31.680 --> 00:49:34.620 that I would follow up this

NOTE Confidence: 0.859701

00:49:34.620 --> 00:49:37.105 patients frequently 'cause you know

NOTE Confidence: 0.859701

00:49:37.105 --> 00:49:39.739 sometimes you just have to tailor  
NOTE Confidence: 0.859701

00:49:39.739 --> 00:49:42.750 things to the individual patient.  
NOTE Confidence: 0.8748629

00:49:54.500 --> 00:49:56.515 Alright, well if there's numerous  
NOTE Confidence: 0.8748629

00:49:56.515 --> 00:49:59.340 questions and I think I'll let everybody  
NOTE Confidence: 0.8748629

00:49:59.340 --> 00:50:01.554 know about our talk next week.  
NOTE Confidence: 0.8748629

00:50:01.560 --> 00:50:04.297 So we're going to have our another  
NOTE Confidence: 0.8748629

00:50:04.297 --> 00:50:06.355 sleep fellow, Doctor Glenda Bowen,  
NOTE Confidence: 0.8748629

00:50:06.355 --> 00:50:08.905 who's going to be speaking about  
NOTE Confidence: 0.8748629

00:50:08.905 --> 00:50:10.792 narcolepsy and provide a review  
NOTE Confidence: 0.8748629

00:50:10.792 --> 00:50:12.527 in an update on treatment.  
NOTE Confidence: 0.8748629

00:50:12.530 --> 00:50:14.074 And in the meantime,  
NOTE Confidence: 0.8748629

00:50:14.074 --> 00:50:16.853 if anyone is interested in joining us  
NOTE Confidence: 0.8748629

00:50:16.853 --> 00:50:19.199 for the Sleep Symposium this Friday,  
NOTE Confidence: 0.8748629

00:50:19.200 --> 00:50:22.032 please feel free to sign up and thank  
NOTE Confidence: 0.8748629

00:50:22.032 --> 00:50:25.078 you again only for a great presentation.  
NOTE Confidence: 0.9051739

00:50:26.340 --> 00:50:27.130 Thank you.