

Comorbid Insomnia and Sleep Apnea (COMISA)

Generally, insomnia is regarded as difficulty with sleep. It is the most common sleep disorder found in the general adult population. In addition to that, insomnia often precedes a medical or psychiatric morbidities, which occurs as a response to stressors.

Insomnia is considered a problem occurring at sleep onset while OSA is considered a problem with sleep maintenance. OSA and insomnia share several negative consequences which include short sleep duration, decreased health-related quality of life, and psychological symptoms. The two disorders combined (COMISA) show an increase in cumulative morbidity and an overall greater illness severity.

Cho and colleagues reported three theories suggesting reciprocal relationships between insomnia and OSA:

- One theory suggests that the presence of insomnia can exacerbate or contribute to the development of OSA and vice versa.
- Another theory is that repetitive apnea or hypopnea and arousal may result in difficulty in sleep and may contribute to the development of insomnia.
- A third theory is that comorbid insomnia can add to the severity of OSA by worsening sleep fragmentation and sleep deprivation.

Importantly, COMISA patients experience greater impairments to daytime functioning compared to those with either insomnia, or OSA alone. Sweetman and colleagues said that COMISA patients experience greater emotional and cognitive impairments, including anxiety, depressive symptoms, irritability, and reduced concentration. Previous studies have also reported that females make up a higher percentage of patients with COMISA due to higher sympathetic response and that insomnia has a negative influence on CPAP adherence. Comorbid insomnia in OSA is also found to be linked to a higher prevalence of heart disease (Cho, et.al., 2018).

Why choose CPAP Pros?

- Professional CPAP Coaching Program™
- Contactless Covid Policy (safe for patients and staff)
- Free delivery service of HSAT devices as well as CPAP equipment*
- Virtual Telesleepcare
- Professional CPAP Coaches are Registered Sleep Technologists
- CPAP Pros is now Accredited with the CPSBC
- HSATs are manually scored by an RPSGT (no auto scoring of studies)
- Great Prices





Traditional Treatment and Combined Treatment

From the study by Sweetman et. al., the treatment of COMISA includes two approaches:

Traditional Treatment

CPAP therapy is the most effective treatment for moderate and severe OSA. However, the presence of insomnia symptoms reduces CPAP acceptance and use. Thus, COMISA patients should be referred for insomnia treatment before commencing CPAP therapy. Cognitive and Behavioral Therapy (CBTi) is the recommended 'first line' treatment for insomnia, and appears to be effective in the presence of comorbid OSA.

Combined Treatment

The combination of CBTi and CPAP therapy in COMISA patients prove to be more effective than traditional treatment alone. Improving insomnia symptoms provides an opportunity for a positive initial experience with CPAP therapy to encourage and maintain greater long-term adherence.

Exciting News!

CPAP Pros is now Accredited with the College of Physicians and Surgeons of B.C. under the Medical Directorship of Dr. Miqdad Bohra.

References:

Cho, Y. W., Kim, K. T., Moon, H. J., Korostyshevskiy, V. R., Motamedi, G. K., & Yang, K. I. (2018). Comorbid Insomnia with Obstructive Sleep Apnea: Clinical Characteristics and Risk Factors. *Journal of clinical sleep medicine: JCSM : official publication of the American Academy of Sleep Medicine*, 14(3), 409–417. <https://doi.org/10.5664/jcsm.6988>

Sweetman, A., Lack, L., & Bastien, C. (2019). Co-Morbid Insomnia and Sleep Apnea (COMISA): Prevalence, Consequences, Methodological Considerations, and Recent Randomized Controlled Trials. *Brain sciences*, 9(12), 371. <https://doi.org/10.3390/brainsci9120371>



Phone: 604-229-1630
Fax: 1-833-490-1315
E-mail: info@cpappros.ca
www.cpappros.ca

#405, 625 5th Avenue
New Westminster BC,
V3M 1X4