

# Attention please: vigilance in patients with excessive daytime sleepiness

Schie, M.K.M. van

# Citation

Schie, M. K. M. van. (2021, October 7). Attention please: vigilance in patients with excessive daytime sleepiness. Retrieved from https://hdl.handle.net/1887/3214927

Version:	Publisher's Version		
License:	Licence agreement concerning inclusion of doctoral thesis in the Institutional Repository of the University of Leiden		
Downloaded from:	https://hdl.handle.net/1887/3214927		

**Note:** To cite this publication please use the final published version (if applicable).

# **CHAPTER 7. Predictors of patient-rated**

improvement on continuous positive

airway pressure for obstructive

sleep apnoea syndrome

**Mojca KM van Schie,** Sebastiaan Overeem, J Gert van Dijk, Leon Walschot, Rolf Fronczek, Dirk AA Pevernagie, Gert Jan Lammers

Submitted.

# ABSTRACT

# **Study Objectives**

To investigate whether vigilance predicted patient-rated improvement after start of continuous positive airway pressure (CPAP) for obstructive sleep apnea syndrome (OSAS) better than parameters of breathing, sleepiness and well-being

# Methods

This study comprised a prospective observational treatment-effect study of CPAP in 30 OSAS patients with an apnea-hypopnea index (AHI) >15. Vigilance, assessed through a sustained attention to response task (SART), sleepiness, measured using questionnaires, and well-being, measured with visual-analog scales, were measured during two pre-treatment visits and one after 8 weeks of CPAP. Improvement was scored on the patient-rated Clinical Global Impression of Change (PCGI-C)

# Results

A linear mixed model analysis of CPAP effect indicated an improvement of all breathing indices; the AHI decreased from  $41.1\pm24.4$  to  $4.1\pm4.3$  (p<0.001). The Epworth Sleepiness Scale (ESS) decreased from  $14.4\pm4.2$  to  $7.9\pm4.8$  (p<0.001). The 100mm- visual-analog scale (VAS) of physical exhaustion decreased by 6.4 mm (p=0.009). No significant difference was observed in the other VAS ratings, nor in the error score on the SART. Eighty percent of patients considered themselves improved on the PCGI-C. This improvement correlated with improvement of breathing indices and the ESS.

# Conclusions

The large majority of OSAS patients considered themselves improved after 8-week CPAP treatment. This improvement was best predicted by a decrease of the breathing disturbance indices. Patients' sleepiness also improved significantly. Vigilance did not predict patient-rated improvement. This study did not provide better predictors of subjective improvement after CPAP.

### **INTRODUCTION**

Obstructive sleep apnea syndrome (OSAS) is a sleep-related breathing disorder characterized by apneas and hypopneas during sleep, associated with desaturations and sleep disruption. These may lead to daytime symptoms impairing general well-being, including excessive daytime sleepiness (EDS), decreased vigilance, fatigue, mood disturbances, and cognitive complaints.<sup>1</sup>

The severity of OSAS is traditionally quantified with the apnea-hypopnea index (AHI), i.e. the number of apneas and hypopneas per hour of sleep. Continuous positive airway pressure (CPAP), the most frequently used treatment for moderate to severe OSAS, aims to reduce the AHI and consequently improve symptoms. CPAP improves symptoms of OSAS in the majority of patients, though depending on patients' adherence.<sup>2</sup> AHI reduction is considered an important efficacy parameter of CPAP treatment.<sup>3,4</sup> However, this focus on the AHI has been criticized for two main reasons. Firstly, the pathophysiological consequences of OSAS result from the severity of oxygen desaturation rather than the number of apneas or hypopneas itself, implying that the severity of the breathing disturbance will be reflected better by the oxygen desaturation index (ODI<sup>5-8</sup>). Secondly, improving the AHI with CPAP does not alleviate all symptoms,<sup>9-12</sup> indicating that some symptoms may not be a direct consequence of a reversible sleep-related breathing disturbance.

In addition to diminishing the AHI, CPAP has been described to decrease daytime sleepiness, measured by the Epworth Sleepiness Scale (ESS),<sup>13,14</sup> especially in a subgroup with a baseline AHI >15. CPAP in OSAS is also found to improve cognitive functions,<sup>15</sup> in particular attentional functions.<sup>16</sup> The most significant improvements were observed with tests of divided or sustained attention, more than held for classical vigilance tests involving responses to infrequently occurring stimuli.<sup>17</sup> Several vigilance and sustained attention tests have been used in OSAS, both to describe baseline functions and to assess efficacy of CPAP treatment. Validated tests include the Oxford Sleep Resistance (OSLER) test,<sup>18</sup> Psychomotor Vigilance Test (PVT<sup>19</sup>), Steer-Clear,<sup>20</sup> and Sustained Attention to Response Task (SART<sup>21</sup>). The SART demonstrated impaired vigilance in patients with various sleep disorders, including OSAS.<sup>22</sup> It has not yet been used to evaluate CPAP efficacy. It has, however, proved to correlate well with patient-rated treatment efficacy in narcolepsy patients.<sup>23</sup>

Efficacy of CPAP is usually quantified as an improvement of the AHI and other breathing indices, and through patients' reports. Although some correlations between decrease in AHI and self-reported daytime functioning have been described,<sup>24</sup> a substantial number of studies reported absent correlations between AHI, and measures of well-being or daytime functioning such as sleepiness, vigilance, mood, quality of life, or driving simulator performance, following CPAP treatment.<sup>25</sup>

This lack of a clear relation between improved AHI and subjective improvement is puzzling. We hypothesized that subjective improvement after CPAP treatment would be related to improvement of daytime functioning. Unfortunately, it is not obvious which parameters best reflect daytime functioning. We therefore designed this study concerning CPAP in OSAS to compare patient-rated clinical global improvement to parameters of vigilance, sleepiness, well-being, and breathing disturbances. We hypothesized that vigilance improvement might be the best candidate to reflect patient-rated improvement, since vigilance is a prerequisite for daytime functioning. Earlier studies<sup>15-18,20</sup> yielded contrasting findings, perhaps due to a variety of vigilance tests. We therefore decided to investigate vigilance by means of the SART, which has been shown to correlate well with patient-rated treatment efficacy in narcolepsy patients, as mentioned above.<sup>23</sup>

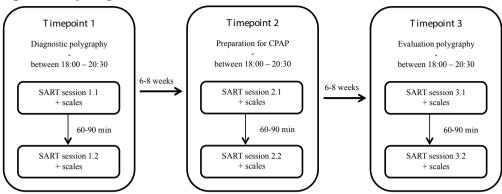
# **MATERIAL AND METHODS**

# Patients

Study inclusion comprised two steps. Patients referred to the tertiary referral center Kempenhaeghe between June 2011 and June 2013 were screened for eligibility if suspected to have OSAS and aged between 18 and 70 years old. A diagnostic polygraphy/ polysomnography was scheduled. OSAS was based on the ICSD-2 criteria<sup>26</sup>. Those with an AHI > 15/hour were candidates for CPAP and were included in the study. Patients with significant comorbidity or coexisting sleep disorders were excluded. The study was approved by the local medical ethical committee, and written informed consent was obtained from all patients prior to the study.

# Design

Data were obtained from three overnight visits in the routine work-up and treatment for obstructive sleep apnea (Figure 1). Although the study comprised therapy, this was not part of the study design. There were two pre-treatment visits with 6-8 weeks in between: the diagnostic polygraphy or polysomnography (timepoint 1) and the CPAP titration night to achieve optimal fixed pressure (timepoint 2). One visit assessed the situation after eight weeks of fixed-pressure CPAP (timepoint 3). Vigilance tests and subjective scores were taken at each timepoint. Perceived improvement with CPAP treatment was scored at timepoint 3. Patients were instructed to refrain from caffeine during all visits.



#### Figure 1. Study design

Diagnostic polygraphy: either polygraphy or polysomnography (see Table 1); scales: visual-analog scales.

# Patient- and partner-rated Clinical Global Impression of Change

The CGI-C is a seven-point visual-analogue scale ranging from (1) 'very strong decrease of complaints' to (7) 'very strong increase of complaints'.<sup>27</sup> Though originally developed as a physician-rated scale, previous work by Forkmann et al indicated a moderate to good agreement of a patient-rated version of the CGI-C in comparison to the doctor-rated version.<sup>28</sup> As we aimed to investigate determinants of subjective improvement in well-being, we chose the patient-rated version of the CGI-C as the gold standard. Patients and their partners rated the scale (patient-version called PCGI-C from here on) at visit 3. Furthermore, patients rated the 16-point efficacy index,<sup>27</sup> which combines a score for the impression of change due to the treatment with a score for the inconvenience or adverse effects caused by the treatment. The efficacy index ranges from (1) 'marked improvement without side effects' to (16) 'unchanged or worse symptoms and side effects that outweigh therapeutic effect'.

#### Determinants

#### Vigilance

Vigilance was measured through measurement of sustained attention using the SART, a Go/No-Go paradigm characterized by responding to frequent Go trials and withholding responses to infrequent No-Go trials.

The SART was administered while subjects were seated in front of a computer screen in a quiet room. This 4-minute-19-second taking test comprises the numbers 1 to 9 appearing 225 times in random order on a black computer screen. Subjects had to respond to the appearance of each number by pressing a button, except for the number 3, which occurred 25 times in all. Subjects had to press the button before the next number appeared and were instructed to give equal importance to accuracy and

speed in performing the task.<sup>21</sup> Two SART sessions with a 1,5-hour break in between were performed between 18:00 and 22:00 hours on each timepoint.

The primary outcome measure of the SART is the total error score, consisting of key presses when no key should be pressed (i.e. commission errors), and absent presses when a key should have been pressed (i.e. omission errors). The secondary outcome measure is the reaction time, the average time in milliseconds between the appearance of any number and the subject's response. Reaction times could be measured with sufficient accuracy by using a cathode ray tube screen, which was timed using a dedicated video graphics array switch to avoid delays of uncertain magnitude due to build-up of screen data.

#### Sleepiness

The Epworth Sleepiness Scale served as a general indication of sleepiness during the past month, measured at timepoints 1 and 3. Stanford Sleepiness Scale (SSS) measurements indicated the momentary level of sleepiness and were administered prior to each SART session at timepoints 1, 2 and 3.<sup>29</sup>

# Well-being

Patients used seven visual-analog scales (VAS), as previously used in a sleep-restriction study,<sup>30</sup> prior to each SART session at all three visits, assessing the momentary level of general well-being (I feel very bad to very good), daytime alertness (sleepy to alert), stress (stressed to calm), happiness (unhappy to happy), health (sick to healthy), physical exhaustion (physically exhausted to energetic) and mental exhaustion (mentally exhausted to sharp).

# Breathing disturbance indices

Apneas were defined as decrements in airflow of at least 90% from baseline for at least 10 seconds.<sup>31</sup> Hypopneas were defined as decrements in airflow of  $\geq$  50% from baseline for at least 10 seconds, accompanied by a desaturation  $\geq$  3% from pre-event baseline or an arousal. The sum of apneas and hypopneas per hour formed the AHI. The number of apneas per hour was calculated to obtain the apnea index (AI). The number of desaturations  $\geq$  3% and  $\geq$  4% from pre-event baseline per hour were calculated to obtain the oxygen desaturation indices, respectively ODI-3% and ODI-4%. Breathing indices were obtained at timepoint 1 and 3.

### **Statistical analysis**

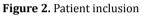
Data were analyzed using IBM® SPSS® Statistics version 23.

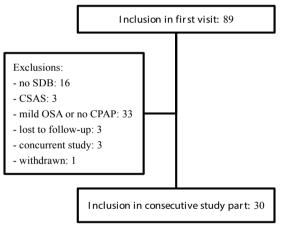
A linear mixed effect model was used to compare trends in parameters of vigilance, sleepiness, well-being, and breathing disturbance before and after treatment, taking into account all repeated measurements separately. Significance was set at the p=0.01 level to

correct for multiple comparisons. Only parameters with a statistically significant change after treatment were used in the subsequent correlation analysis. For this analysis, delta scores for vigilance, sleepiness, well-being, and breathing disturbance were calculated by subtracting the average score before treatment from the score on treatment. Correlations between these delta scores, the PCGI-C scores and the efficacy index were assessed using Pearson's r or Spearman's  $\rho$ . Significance was again set at the 0.01 level to correct for multiple comparisons.

# RESULTS

Ninety patients were considered eligible. Thirty fulfilled the criteria after polygraphy/ polysomnography and were included (Figure 2, Table 1).





SDB: sleep-disordered breathing; CSAS; central sleep apnea syndrome

CPAP compliance data of the month previous to timepoint 3 were available for 28 patients. The median of average CPAP compliance per night was 6:42 hours, and the median percentage of nights with CPAP use > 4 hours was 95%. Eighty percent of patients and 72% of partners reported that patients were much or very much improved on the PCGI-C. No patients or partners considered the patients worsened. Average pre-treatment and post-treatment values of breathing disturbance indices, parameters of sleepiness and vigilance, and VAS scores are displayed in table 1. Average pre-treatment SART error score indicated that pre-treatment vigilance was only moderately disturbed, in contrast to sleepiness and breathing disturbances.<sup>32</sup> Table 2 contains the results of the

repeated-measurements analysis of CPAP on all outcome parameters. CPAP significantly and decreased mean AHI, AI and ODI to normal values. Simultaneously, mean ESS score decreased to a normal value. The VAS rating for physical exhaustion also decreased significantly after CPAP. No significant differences were found for SART error count or reaction time, SSS score, or the other VAS ratings.

	Before tre	atment (N = 30)	After trea	After treatment (N = 30)		
Patient characteristics						
Mean age (years)	55 ± 8					
Sex (n)	M: 27 (90%	M: 27 (90%)				
	F: 3 (10%)					
Mean BMI	31.3 ± 5.3					
Diagnostic PG/PSG (n)	PG: 11; PSG: 19*					
Test characteristics	Mean	(SD)	Mean	(SD)		
Breathing disturbances						
AHI	41.1	(24.4)	4.1	(4.3)		
AI	22.5	(19.7)	1.3	(2.7)		
ODI-3%	29.6	(23.7)	4.3	(4.1)		
ODI-4%	36.8	(24.9)	1.9	(2.6)		
Sleepiness						
ESS	14.4	(4.2)	7.9	(4.8)		
SSS°	4.5	(0.9)	4.8	(1.0)		
Vigilance°						
SART error score	11.7	(7.1)	10.1	(6.1)		
SART RT (ms)	312	(61)	308	(70)		
Well-being (VAS)°						
General well-being	64.3	(19.4)	67.3	(19.0)		
Daytime alertness	51.8	(19.9)	58.4	(19.6)		
Stress	66.6	(22.2)	70.4	(19.6)		
Happiness	71.2	(18.8)	72.8	(20.8)		
Health	64.6	(21.6)	66.3	(21.5)		
Physical exhaustion	55.8	(19.1)	62.2	(19.6)		
Mental exhaustion	54.2	(19.7)	58.9	(19.9)		
Mean of VAS	428.4	(125.9)	456.4	(127.2)		

Table 1 - Characteristics of the patient group

Legend: n: number; SD: standard deviation; BMI: body-mass index; PG: polygraphy; PSG: polysomnography; AHI: apnea/hypopnea index; AI: apnea index; ODI: oxygen-desaturation index; ESS: Epworth Sleepiness Scale; SSS: Stanford Sleepiness Scale; SART: Sustained Attention to Response Task; RT: reaction time; ms: milliseconds; VAS: visual-analog scales; \* Two patients had to come to the clinic twice for timepoint 1 because of an unreliable polygraphy/polysomnography. The baseline breathing disturbance indices were derived from the second timepoint '1' because of the unreliability of the first. °Average of the 4 pre-treatment measurements (timepoint 1 and 2) and the 2 on-treatment measurements (timepoint 3) respectively.

Modeled parameter	Intercept Baseline condition	Coefficient CPAP effect	
Breathing	Beta / S.E. / p		
AHI	41.1 / 3.07 / 0.000	* -37.0/ 1.99 / <0.001	*
AI	22.5 / 2.46 / 0.000	* -21.2/ 1.60 / <0.001	*
ODI_3%	37.0 / 3.11 / 0.000	* -32.7/ 1.99 / <0.001	*
ODI_4%	29.7 / 2.94 / 0.000	* -27.8/ 1.92 / <0.001	*
SART	Beta / S.E. / p		
Error score	11.8 / 1.19 / 0.000	* -1.7 / 0.68 / 0.015	
Reaction time	311 / 11.0 / 0.000	* -2.8 / 6.17 / 0.656	
Sleepiness	Beta / S.E. / p		
ESS	14.6 / 0.69 / 0.000	* -6.8 / 0.46 / <0.001	*
SSS	4.5 / 0.16 / 0.000	* 0.3 / 0.13 / 0.021	
VAS	Beta / S.E. / p		
General well-being	64.4 / 3.21 / 0.000	* 2.6 / 2.15 / 0.223	
Daytime alertness	51.7 / 3.19 / 0.000	* 6.6 / 2.66 / 0.015	
Stress	66.3 / 3.54 / 0.000	* 3.5 / 2.32 / 0.136	
Happiness	71.0 / 3.34 / 0.000	* 1.6 / 2.10 / 0.454	
Health	64.3 / 3.62 / 0.000	* 1.7 / 2.43 / 0.494	
Physical exhaustion	55.8 / 3.17 / 0.000	* 6.4 / 2.39 / 0.009	*
Mental exhaustion	53.6 / 3.34 / 0.000	* 5.0 / 2.43 / 0.040	

Table 2- Linear Mixed Models of CPAP on all outcome parameters

Legend: AHI: apnea-hypopnea index; AI: apnea index; ODI: oxygen desaturation index with either 3 or 4% cut-off value; ESS: Epworth Sleepiness Scale; SSS: Stanford Sleepiness Scale; VAS: visual-analog scales; Beta: regression coefficient derived from the linear mixed model; S.E: standard error of the regression coefficient; N.A: not available, i.e. no significant contribution to the final model; N.T: not tested in the model. Compound symmetry was chosen as a model for the covariance matrix. Asterisks flag significant LMM coefficients.

The PCGI-C score and the efficacy index were significantly correlated to all breathing disturbance indices. The better the PCGI-C score was, the more improved were the breathing disturbance indices (Table 3). Partners' CGI-C score was significantly correlated to delta-AHI, only. Delta-ESS itself was significantly correlated to delta-AHI, -AI, and -ODI-4% (not shown in the table), indicating that the lower (i.e. the better) the ESS score, the more improvement of the other outcome measures.

	Patient CGI-C	Partner CGI-C	Efficacy index
AHI	r=0.59 **	r=0.58 **	r=0.51 *
AI	r=0.60 **	r=0.29	r=0.48 *
ODI-3%	r=0.59 *	r=0.45	r=0.41
ODI-4%	r=0.64 **	r-0.36	r=0.46
ESS	r=0.45	r=0.26	r=0.43
VAS			
- Physical exh.	r=-0.22	-0.31	r=-0.22

Table 3 - Correlations of outcome parameters with patient-rated improvement

Legend: CGI-C: clinical global impression of change; AHI: apnea-hypopnea index; AI: apnea index; ODI: oxygen desaturation index with either 3 or 4% cut-off value; ESS: Epworth Sleepiness Scale; exh: exhaustion. Asterisks flag significant correlation coefficients with \*:  $p \le 0.01$ , \*\*:  $p \le 0.001$ . The outcome parameters used in this correlation analysis are the outcome parameters for which a statistically significant change following CPAP treatment was found with the Linear Mixed Models analysis shown in table 2.

# DISCUSSION

We investigated changes in vigilance, sleepiness, well-being, and indices of breathing disturbance after 8-week CPAP treatment in OSAS patients, as well as the correlation between these changes and patient-rated improvement on the PCGI-C. In contrast to our hypothesis, there was no significant change in vigilance as assessed with the SART. possibly because SART performance was only moderately disturbed in this study at baseline. In other words, vigilance as assessed with the SART was not a sensitive indicator of baseline impairment. However, other parameters did show patient-rated improvement. We observed a substantial improvement in breathing disturbance indices, implicating that obstructive sleep apnea as causal factor was well controlled. In addition, we observed a substantial improvement of excessive daytime sleepiness measured by the ESS, and a small improvement in the VAS subscale of physical exhaustion. Eighty percent of patients reported themselves much or very much improved on PCGI-C. This improvement correlated well with the improved breathing disturbance indices but only moderately and not statistically significant to ESS. It did not correlate to the VAS of physical exhaustion either. This study therefore showed that changes of AHI and other parameters assessing breathing disturbance best reflected patient-rated improvement.

The correlation coefficients of the correlations between the PCGI-C and the breathing indices were all large, whereas those between PCGI-C and sleepiness were moderate. These results, as well as the correlations observed between sleepiness on the one hand with breathing disturbance indices on the other hand, contrast with previous studies in which breathing disturbance indices, especially AHI, did not correlate with subjective estimates of daytime functioning.<sup>3,8,17,25,33</sup> A possibly contributing factor might

be that our patient group was preselected on the criterion AHI > 15, appeared to be relatively severely affected in terms of AHI, and that CPAP adherence was high. Moreover, patients with comorbid sleep disorders were excluded. There have been some indications in previous studies that the treatment effect of CPAP differs between OSAS severity groups based on AHI, with more improvement on sleepiness but less improvement on vigilance for groups with AHI > 30 as compared to groups with lower AHI (range varying across studies, mostly 5-10 or 5-15), for which the opposite yields. <sup>3,4,34</sup> This could apply to our study as well. It might also explain the inconsistency of the literature regarding sustained attention in OSAS: Some studies assessing Steer-Clear performance found a significant difference in obstacle hit between OSAS patients and controls,<sup>35</sup> while others did not or did so only in specific OSAS severity groups based on AHI.<sup>4</sup> A treatment-related improvement of Steer-Clear performance was found in some studies. PVT results also differed across studies, some showing improvement following CPAP,<sup>3,36</sup> while others did not. One recent publication by Guaita et al. did not find a change in SART performance, but pre-treatment error count was already relatively low, as in our study.<sup>37</sup>

#### **Study limitations**

This was an observational treatment-effect study without a placebo treatment group. Therefore, the relevance of small improvements remains uncertain. The large effect size of the improvements of breathing disturbance indices and ESS score is, however, in the same range as was found in the CPAP treatment group in placebo-controlled CPAP treatment-effect studies.<sup>24</sup> The strong correlation between the improved objective breathing disturbance indices and our patient-rated gold standard is reassuring: it excludes the possibility that patients only found themselves improved as a consequence of medical attention. Diurnal influences could have affected our results, since vigilance and sleepiness measurements have only been taken during evening hours. Although these tests were administered at similar times across visits to minimize the consequences of time-of-day performance fluctuations, recent work in narcolepsy showed the possibility of a treatment-induced time-of-day effect with worst performance in the evening.<sup>38</sup> If a similar mechanism would apply to OSAS patients and CPAP as well, our study could have missed a relevant improvement of vigilance in the morning. Another limitation of this study concerns the use of non-validated VAS instead of validated quality of life measurements, although a momentary rating of well-being prior to each SART session would not have been feasible or meaningful with validated quality of life measurements. Nevertheless, discriminative validity of these VAS remains unknown.

### Conclusions

The majority of OSAS patients considered themselves improved after 8-week CPAP treatment. This improvement was best predicted by a large and clinically relevant

123

decrease of the breathing disturbance indices AHI, AI, and ODI-3% and ODI-4%. Patients' sleepiness also improved significantly. Vigilance did not significantly improve and, as such, did not predict patient-rated improvement. This study therefore did not provide better predictors of subjective improvement after CPAP.

# ACKNOWLEDGEMENTS

We thank P. van Mierlo for advice in study design; P.P. Buijserd-Amesz for help in patient inclusion; the sleep laboratory nurses at Kempenhaeghe for their help in acquiring data; and R.H.A.M. Reijntjes for data processing.

# REFERENCES

- 1. Vaessen TJ, Overeem S, Sitskoorn MM. Cognitive complaints in obstructive sleep apnea. *Sleep Med Rev.* 2015;19:51-58.
- 2. McMahon JP, Foresman BH, Chisholm RC. The influence of CPAP on the neurobehavioral performance of patients with Obstructive Sleep Apnea Hypopnea Syndrome: A Systematic Review. *WMJ.* 2003;102(1):36-43.
- 3. Barnes M, Houston D, Worsnop CJ, et al. A randomized controlled trial of continuous positive airway pressure in mild obstructive sleep apnea. *Am J Respir Crit Care Med.* 2002;165(6):773-780.
- 4. Engleman HM, Kingshott RN, Wraith PK, Mackay TW, Deary IJ, Douglas NJ. Randomized placebo-controlled crossover trial of continuous positive airway pressure for mild sleep Apnea/Hypopnea syndrome. *Am J Respir Crit Care Med.* 1999;159(2):461-467.
- 5. Bedard MA, Montplaisir J, Richer F, Malo J. Nocturnal hypoxemia as a determinant of vigilance impairment in sleep apnea syndrome. *Chest.* 1991;100(2):367-370.
- 6. Roehrs T, Merrion M, Pedrosi B, Stepanski E, Zorick F, Roth T. Neuropsychological function in obstructive sleep apnea syndrome (OSAS) compared to chronic obstructive pulmonary disease (COPD). *Sleep.* 1995;18(5):382-388.
- 7. Shpirer I, Elizur A, Shorer R, Peretz RB, Rabey JM, Khaigrekht M. Hypoxemia correlates with attentional dysfunction in patients with obstructive sleep apnea. *Sleep Breath.* 2012;16(3):821-827.
- 8. Quan SF, Chan CS, Dement WC, et al. The association between obstructive sleep apnea and neurocognitive performance-the Apnea Positive Pressure Long-term Efficacy Study (APPLES). *Sleep.* 2011;34(3):303-314B.
- 9. Castiglioni P, Lombardi C, Cortelli P, Parati G. Why excessive sleepiness may persist in OSA patients receiving adequate CPAP treatment. *Eur Respir J.* 2012;39(1):226-227; author reply 227-228.
- 10. Dinges DF, Weaver TE. Effects of modafinil on sustained attention performance and quality of life in OSA patients with residual sleepiness while being treated with nCPAP. *Sleep Med* 2003;5(5):393-402.
- 11. Chapman JL, Kempler L, Chang CL, et al. Modafinil improves daytime sleepiness in patients with mild to moderate obstructive sleep apnoea not using standard treatments: a randomised placebo-controlled crossover trial. *Thorax.* 2014;69(3):274-279.
- 12. Vernet C, Redolfi S, Attali V, et al. Residual sleepiness in obstructive sleep apnoea: phenotype and related symptoms. *Eur Respir J.* 2011;38(1):98-105.
- 13. Johns MW. A new method for measuring daytime sleepiness: the Epworth sleepiness scale. *Sleep.* 1991;14(6):540-545.

- 14. Weaver TE, Maislin G, Dinges DF, et al. Relationship between hours of CPAP use and achieving normal levels of sleepiness and daily functioning. *Sleep.* 2007;30(6):711-719.
- 15. Kielb SA, Ancoli-Israel S, Rebok GW, Spira AP. Cognition in obstructive sleep apneahypopnea syndrome (OSAS): current clinical knowledge and the impact of treatment. *Neuromolecular Med.* 2012;14(3):180-193.
- 16. Aloia MS, Ilniczky N, Di Dio P, Perlis ML, Greenblatt DW, Giles DE. Neuropsychological changes and treatment compliance in older adults with sleep apnea. *J Psychosom Res.* 2003;54(1):71-76.
- 17. M. O, Duchna HW, Leidag M, et al. Driving simulator and neuropsychological corrected testing in OSAS before and under CPAP therapy. *Eur Respir J.* 2005;26(5):898-903.
- 18. Bennett LS, Stradling JR, Davies RJ. A behavioural test to assess daytime sleepiness in obstructive sleep apnoea. *J Sleep Res.* 1997;6(2):142-145.
- 19. Wilkinson RT, Houghton D. Field test of arousal: a portable reaction timer with data storage. *Hum Factors.* 1982;24(4):487-493.
- 20. Findley LJ, Fabrizio MJ, Knight H, Norcross BB, LaForte AJ, Suratt PM. Driving simulator performance in patients with sleep apnea. *The American review of respiratory disease.* 1989;140(2):529-530.
- 21. Robertson IH, Manly T, Andrade J, Baddeley BT, Yiend J. 'Oops!': performance correlates of everyday attentional failures in traumatic brain injured and normal subjects. *Neuropsychologia*. 1997;35(6):747-758.
- Van Schie MK, Thijs RD, Fronczek R, Middelkoop HA, Lammers GJ, Van Dijk JG. Sustained attention to response task (SART) shows impaired vigilance in a spectrum of disorders of excessive daytime sleepiness. *Journal of Sleep Research*. 2012;21(4):390-395.
- van der Heide A, van Schie MK, Lammers GJ, et al. Comparing Treatment Effect Measurements in Narcolepsy: The Sustained Attention to Response Task, Epworth Sleepiness Scale and Maintenance of Wakefulness Test. *Sleep.* 2015;38(7):1051-1058.
- 24. Siccoli MM, Pepperell JC, Kohler M, Craig SE, Davies RJ, Stradling JR. Effects of continuous positive airway pressure on quality of life in patients with moderate to severe obstructive sleep apnea: data from a randomized controlled trial. *Sleep.* 2008;31(11):1551-1558.
- 25. Kingshott RN, Vennelle M, Hoy CJ, Engleman HM, Deary IJ, Douglas NJ. Predictors of improvements in daytime function outcomes with CPAP therapy. *Am J Respir Crit Care Med* 2000(161):866-871.
- 26. American Academy of Sleep Medicine. *International Classification of Sleep Disorders. Diagnostic and Coding Manual.* 2nd ed. Westchester, IL: American Academy of Sleep Medicine; 2005.

- 27. Guy W. *ECDEU Assessment Manual for Psychopharmacology* Rockville, MD: U.S. Department of Health, Education, and Welfare; 1976.
- Forkmann T, Scherer A, Boecker M, Pawelzik M, Jostes R, Gauggel S. The Clinical Global Impression Scale and the influence of patient or staff perspective on outcome. *BMC psychiatry.* 2011;11:83.
- 29. Hoddes E, Zarcone V, Smythe H, Phillips R, Dement WC. Quantification of sleepiness: a new approach. *Psychophysiology.* 1973;10(4):431-436.
- 30. Dinges DF, Pack F, Williams K, et al. Cumulative sleepiness, mood disturbance, and psychomotor vigilance performance decrements during a week of sleep restricted to 4-5 hours per night. *Sleep.* 1997;20(4):267-277.
- 31. Iber C A-IS, Chesson AL, Quan S. *The AASM manual for the scoring of sleep and associated events: rules, terminology and technical specification.* 1st ed. Westchester, IL: American Academy of Sleep Medicine; 2007.
- 32. van Schie MK, Alblas EE, Thijs RD, Fronczek R, Lammers GJ, van Dijk JG. The influences of task repetition, napping, time of day, and instruction on the Sustained Attention to Response Task. *Journal of clinical and experimental neuropsychology.* 2014;36(10):1055-1065.
- 33. Crawford-Achour E, Dauphinot V, Martin MS, et al. Protective Effect of Long-Term CPAP Therapy on Cognitive Performance in Elderly Patients with Severe OSA: The PROOF Study. *J Clin Sleep Med.* 2015;11(5):519-524.
- 34. Marshall NS, Barnes M, Travier N, et al. Continuous positive airway pressure reduces daytime sleepiness in mild to moderate obstructive sleep apnoea: a meta-analysis. *Thorax.* 2006;61(5):430-434.
- 35. Munoz A, Mayoralas LR, Barbe F, Pericas J, Agusti AG. Long-term effects of CPAP on daytime functioning in patients with sleep apnoea syndrome. *Eur Respir J.* 2000;15(4):676-681.
- 36. Bhat S, Gupta D, Akel O, et al. The relationships between improvements in daytime sleepiness, fatigue and depression and psychomotor vigilance task testing with CPAP use in patients with obstructive sleep apnea. *Sleep Med.* 2018.
- Guaita M, Salamero M, Vilaseca I, et al. The Barcelona Sleepiness Index: A New Instrument to Assess Excessive Daytime Sleepiness in Sleep Disordered Breathing. J Clin Sleep Med. 2015;11(11):1289-1298.
- 38. van Schie MK, Werth E, Lammers GJ, Overeem S, Baumann CR, Fronczek R. Improved vigilance after sodium oxybate treatment in narcolepsy: a comparison between infield and in-laboratory measurements. *J Sleep Res.* 2016;25(4):486-496.