

Sleep/Heart study indicates improvement in heart function with CPAP

Patients enrolled in a St. Boniface sleep study have experienced significant improvement in heart function with the use of continuous positive airway pressure (CPAP) therapy. CPAP therapy involves the use of a machine to help a person who has obstructive sleep apnea (OSA) breathe more easily during sleep. [Dr. Davinder Jassal](#) and Dr. Sat Sharma enrolled 42 patients with sleep apnea in a study to see whether the sleep disorder damaged their heart and if that damage could be repaired through ongoing CPAP treatment.

For the complete story link to the [Winnipeg Free Press](#)