Smartphone Based Delivery Of Oropharyngeal Exercises For Treatment Of Snoring: A Randomized Controlled Trial

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Cross-over patient results

Only one participant initially in the control group successfully continued the study with 12 weeks in the control arm and then 6 weeks in the intervention arm. A statistically significant reduction the percent snoring, snoring rate, duration above 60db and 65db (online resource1)

Characteristic	Control Period	Experimental Period	Difference	% Difference	P-Value
Snore Percentage (%)	20.586	12.896	-7.69	-37%	0.0039
Snore Rate (per Hour)	353.905	265.931	-87.974	-25%	0.0253
Average Snore Intensity (dBA)	61.771	60.928	-0.843	-1%	0.0475
Snore Duration > 60 dBA (min)	20.053	11.942	-8.111	-40%	0.0048
Snore Duration > 65 dBA (min)	10.562	5.633	-4.928	-47%	0.0137
Snore	3.63	1.685	-1.945	-54%	0.0568

Duration > 70 dBA (min)					
Snore Duration > 75 dBA (min)	0.638	0.339	-0.299	-47%	0.2418

Data presented as mean±SD unless otherwise noted
P-values are for comparison of the 2 groups (absolute values) using unpaired t-test