

A Survey of Patients using the Bongo Rx Device for Treatment of Obstructive Sleep Apnea

Brian W. Carlin, MD

Published March 17, 2023

*Sleep Medicine and Lung Health Consultants, Pittsburgh, PA**

Background, Objectives, and Method

Obstructive Sleep Apnea (OSA) is a chronic disease associated with either partial or total obstruction of the upper airway during sleep. Loud snoring, gasping, and excessive daytime sleepiness are the most common symptoms of OSA. It is estimated that OSA impacts more than 936 million people worldwide, most of which are undiagnosed.¹ Continuous Positive Airway Pressure (CPAP), which requires a machine, a hose, and a mask, is the most often prescribed treatment for OSA. However, patient compliance with CPAP is a critical problem with adherence rates only ranging from 30–60%.²

One alternative to CPAP is the novel Bongo Rx, which is a prescription device for OSA that is reusable, small, and easy to use. Bongo Rx utilizes EPAP (Expiratory Positive Airway Pressure) as its mechanism of action where the patient's own exhalation creates airway pressure to keep the airway open. Bongo Rx does not require a machine, tubing, or electrical power. The patient simply places the Bongo Rx just inside the nostrils where its soft nasal seals also create mild nasal dilation to increase airflow.

In the U.S., all devices intended to treat OSA are considered class II medical devices so they must be reviewed and cleared by the FDA for the OSA indication. Devices for treating OSA also require a prescription from a licensed provider. The Bongo Rx was clinically tested and was cleared by the FDA for the treatment of mild to moderate OSA.



Tens of thousands of patients have started to use Bongo Rx since its mass release in 2020 by its developer AirAvant Medical. A recent survey was conducted by a third party to gather feedback from OSA patients from different areas of the United States on their experience using the Bongo Rx device at home. A first set of patients completed a first online survey after using the Bongo Rx for at least 14 days. A different set of patients completed a second online survey after using the Bongo Rx for at least 60 days. This paper summarizes the reported survey results.

Results and Discussion

Tables 1 and 2 summarize the responses to the 14-day survey (n=130+) and the 60-day survey (n=110+), respectively. Responses for unanswered questions and patients that only use the Bongo Rx for travel were excluded. Both survey results revealed that most patients using Bongo Rx were:

- Complying with using the Bongo Rx at high adherence rates
- Satisfied with the Bongo Rx

Medicare defines adherence to CPAP therapy as use 4 hours per night on approximately 5 nights per week during a consecutive 30 day period. According to the 60-day survey of patients using Bongo Rx:

- 77% used Bongo Rx between 5 to 7 nights per week on average
- 96% used Bongo Rx between 4 to 8 hours per night on average

The high compliance rates on Bongo Rx can be viewed as an indicator of patient satisfaction with the Bongo Rx. Additionally, most patients reported on the 60-day survey that:

- Bongo Rx was easy to use
- Bongo Rx was comfortable to use
- they had good quality sleep with Bongo Rx
- they would recommend Bongo Rx

With any new treatment, there may be an acclimation period. How well a patient understands how to use a device, the use experience itself, and product support are all important factors in improving treatment compliance. The survey results suggest compliance and patient satisfaction increased as patients acclimated to using the Bongo Rx. These are two key metrics in terms of potentially treating OSA and improving outcomes in this patient population.

Conclusions

Previous clinical study has shown that the Bongo Rx is efficacious and safe for the treatment of mild to moderate obstructive sleep apnea.³ The results of this study show that the Bongo Rx is well-tolerated, has high patient acceptance, and shows promising patient compliance. High patient acceptance and satisfaction are key factors in promoting compliance with any OSA treatment, and patients reported that Bongo Rx is simple to use and comfortable. The Bongo Rx benefits from its easy to start modality as it does not require the lengthy setup of other treatment options that may require a machine, titration, or surgery.

CPAP compliance remains an ongoing problem for a variety of reasons. New CPAP alternatives, such as Bongo Rx, benefit the OSA population by expanding the treatment options of the clinicians with affordable, lower risk, beneficial, and well-tolerated devices. The Bongo Rx device gives clinicians another therapeutic tool for treating newly diagnosed mild to moderate OSA patients. Additionally, Bongo Rx provides clinicians a viable therapy option for OSA patients who may have failed or not adhered to CPAP or other OSA treatments.

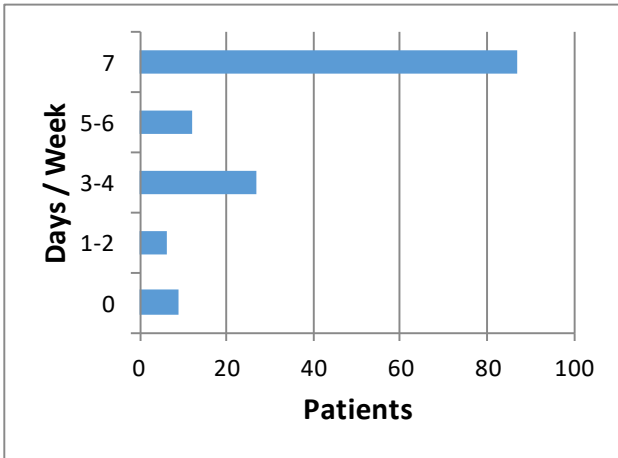
References

1. Benjafield AV, Ayas NT, Eastwood PR, Heinzer R, Ip MSM, Morrell MJ, *et al.* Estimation of the global prevalence and burden of obstructive sleep apnoea: a literature-based analysis. *Lancet Respir Med* 2019;7:687–698.
2. Weaver TE, Sawyer AM. Adherence to continuous positive airway pressure treatment for obstructive sleep apnoea: implications for future interventions. *Indian J Med Res.* 2010;131:245–58.
3. "510(k) Summary of K180619", *FDA.gov*, 2023, https://www.accessdata.fda.gov/cdrh_docs/pdf18/K180619.pdf

*The author of this white paper is not affiliated with AirAvant Medical nor did the author participate in conducting the surveys. The author was not compensated for reviewing the data or writing this white paper.

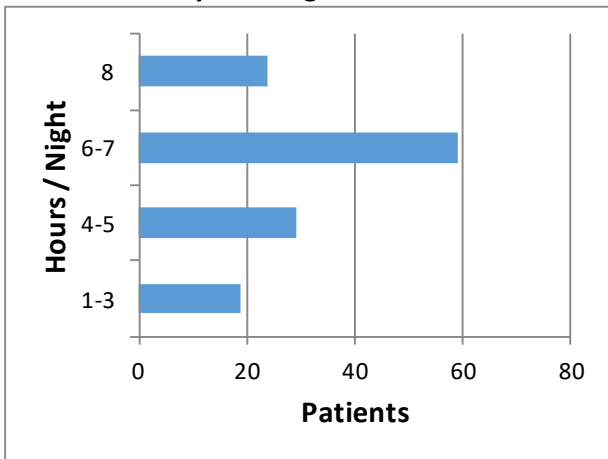
Table 1 -- Survey Results for First Set of Patients Using Bongo Rx for at Least 14 Days (N=130+)

On average, how many days per week did you use your Bongo Rx device?



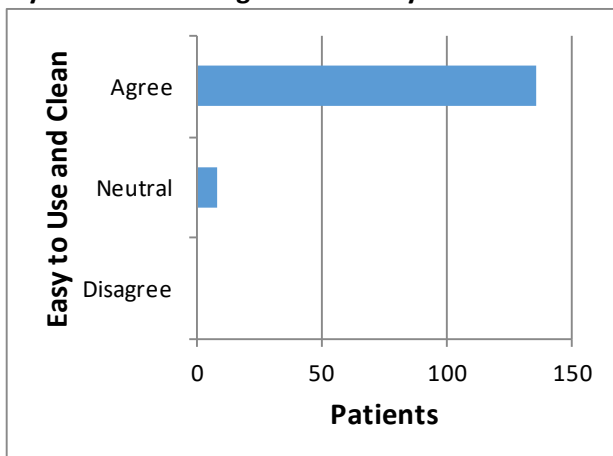
- 70% using 5 to 7 days per week on average
- 80% using 4 to 7 days per week approximately

On average, how many hours per night did you use your Bongo Rx device?



- 86% of using 4 to 8 hours per night on average

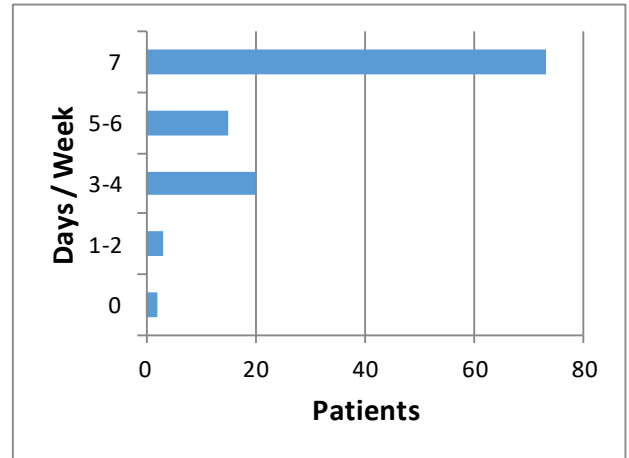
Do you feel that Bongo Rx was easy to use and clean?



- 94% of users agreed
- No users disagreed

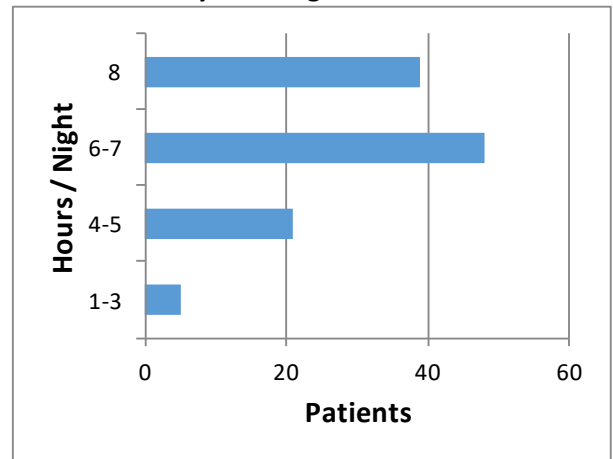
Table 2 -- Survey Results for Second Set of Patients Using Bongo Rx for at Least 60 Days (N=110+)

On average, how many days per week did you use your Bongo Rx device?



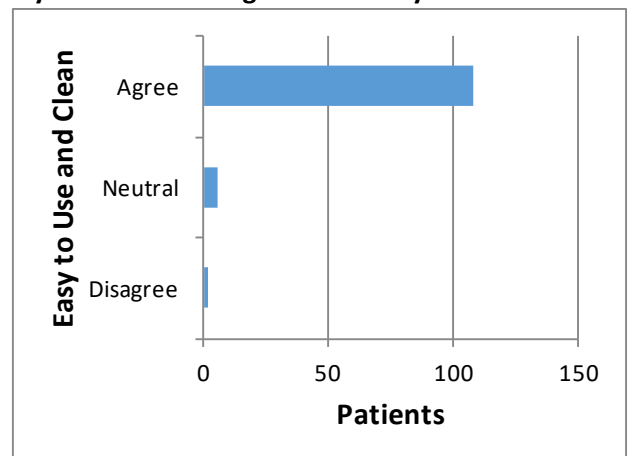
- 77% using 5 to 7 days per week on average
- 87% using 4 to 7 days per week approximately

On average, how many hours per night did you use your Bongo Rx device?



- 96% using 4 to 8 hours per night on average

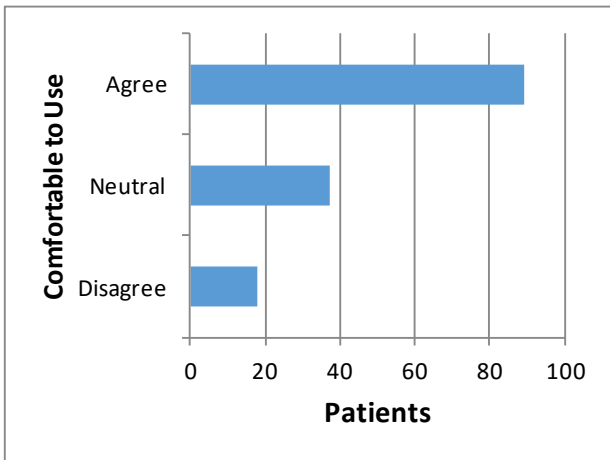
Do you feel that Bongo Rx was easy to use and clean?



- 93% of users agreed
- 2% of users disagreed

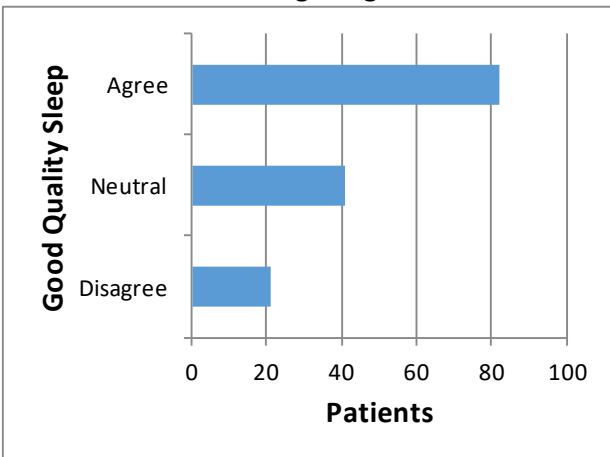
Table 1 -- Survey Results for First Set of Patients Using Bongo Rx for at Least 14 Days (N=130+)

Was Bongo Rx comfortable to use?



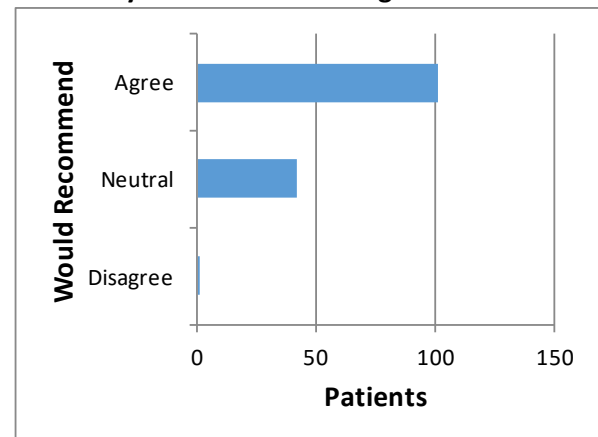
- 62% of users agreed; 26% of users were neutral
- 12% of users disagreed

Do you feel that you got good quality sleep when using Bongo Rx?



- 57% of users agreed; 29% of users were neutral
- 15% of users disagreed

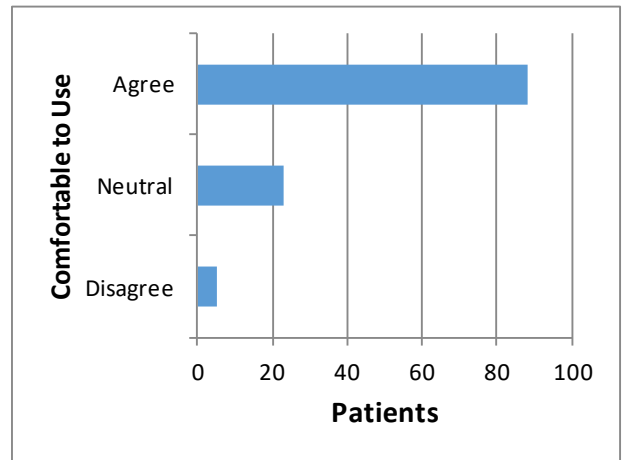
Would you recommend Bongo Rx to others?



- 70% of users agreed; 29% of users were neutral
- 1% of users disagreed

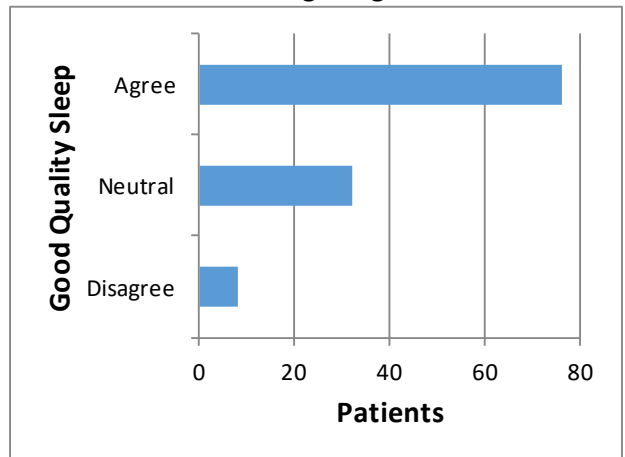
Table 2 -- Survey Results for Second Set of Patients Using Bongo Rx for at Least 60 Days (N=110+)

Was Bongo Rx comfortable to use?



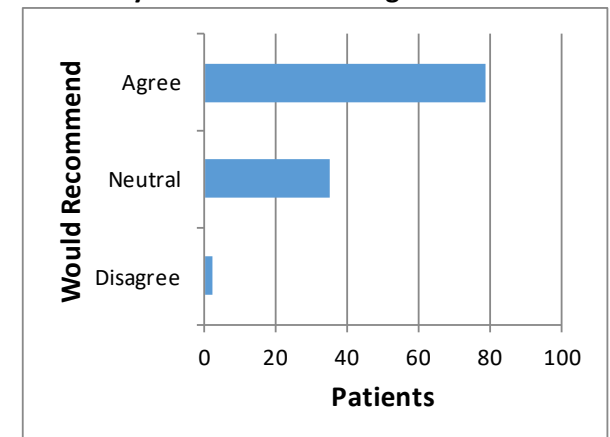
- 76% of users agreed; 20% of users were neutral
- 4% of users disagreed

Do you feel that you got good quality sleep when using Bongo Rx?



- 66% of users agreed; 27% of users were neutral
- 7% of users disagreed

Would you recommend Bongo Rx to others?



- 68% of users agreed ; 30% of users were neutral
- 2% of users disagreed