

Co-Morbid Insomnia and Sleep Apnea (COMISA)

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The acronym “COMISA” has been coined to denote the intricate connection between insomnia and obstructive sleep apnea (OSA). The clinical presentation of the comorbid condition may be worse than expected from the single contribution of each individual component. A bi-directional relationship seems to exist in which both conditions aggravate each other. Treating COMISA patients is often a challenge. Treatment of one condition, i.e. insomnia with CBTi or OSA with CPAP, can improve symptoms. However, CPAP in itself may also worsen symptoms and negatively affect treatment compliance in COMISA. A multidisciplinary approach between a behavioral therapist and pulmonologist is recommended.