

Project scope: Home-testing devices for diagnosing obstructive sleep apnoea or hypopnoea syndrome (OSAHS)

September 2025

Research question

What is the clinical effectiveness, cost effectiveness and safety of home-testing devices to diagnose obstructive sleep apnoea or hypopnoea syndrome (OSAHS) in adults, compared with home respiratory polygraphy and in-hospital sleep testing?

Inclusion criteria

The selection of studies for inclusion in the literature review element of the project will be based on the following criteria:

Setting	<ul style="list-style-type: none">• home and community settings.
Population	<ul style="list-style-type: none">• adults (≥ 16 years) with suspected OSAHS.
Intervention	<ul style="list-style-type: none">• home-testing devices
Comparator	<ul style="list-style-type: none">• home respiratory polygraphy systems• In-hospital sleep testing
Outcomes	<ul style="list-style-type: none">• diagnostic accuracy and clinical utility.• service improvement (impact on diagnostic waiting times, speed of reporting turnaround time, reduction in clinic appointments)• improved equity of access• other outcomes as reported in the literature including any financial savings, healthcare resource use, environmental impact, patient experience and staff experience.

Planned activities

SHTG have agreed on the following activities to support the development of an SHTG IMTO:

1. A comprehensive search of the literature
2. A review and summary of the evidence base
3. Indicative cost analysis / budget impact

End products

At the end of the project, SHTG will publish:

- An SHTG IMTO

Timescales (approximate)

December 2025