

# USPSTF: Evidence lacking for obstructive sleep apnea screening in asymptomatic adults

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The U.S. Preventive Services Task Force (USPSTF) concludes that the

current evidence is insufficient to recommend screening for obstructive sleep apnea (OSA) in asymptomatic adults. These findings form the basis of a draft recommendation statement published online March 29.

Cynthia Feltner, M.D., M.P.H., from the University of North Carolina at Chapel Hill Evidence-based Practice Center in Research Triangle Park, and colleagues conducted a systematic review of the evidence on screening and treating asymptomatic adults with OSA or those with unrecognized symptoms of OSA. The researchers found that none of the randomized controlled trials that were reviewed directly compared screening with no screening. The accuracy and clinical utility of potential tools that could be used to screen for OSA in the [primary care](#) setting currently are uncertain. Trials of positive airway pressure have not established whether treatment of OSA reduces mortality.

Based on the findings, the USPSTF concluded that the current evidence is insufficient for assessing the balance of benefits and harms of OSA [screening](#) for asymptomatic adults aged 18 years or older (I statement). The population includes individuals who are not aware of their symptoms or do not report their symptoms as being a concern.

The draft recommendation statement and evidence review have been posted for public comment. Comments can be submitted from March 29 to April 25, 2022.

**More information:** [Draft Evidence Review](#)  
[Draft Recommendation Statement](#)  
[Comment on Recommendation Statement](#)

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