

Spotlight on Research



Lena Xiao, MD, MSc, FRCPC, is a Pediatric Respirologist and Sleep Physician at British Columbia Children's Hospital and Clinical Assistant Professor at the University of British Columbia in Vancouver, Canada. She is a Committee Member of the American College of Chest Physicians (CHEST) Home-Based Mechanical Ventilation and Neuromuscular Section, the Canadian Home Mechanical Ventilation Research Network, and the American Thoracic Society Pediatric Assembly Program Committee and the Sleep and Respiratory Neurobiology Assembly Project Committee. Her research is focused on expanding access to pediatric sleep and ventilation services, developing and evaluating personalized treatment strategies for sleep-disordered breathing, and enhancing patient and family-centered care.

The IPAD Cohort Study:

Insomnia and Positive Airway Pressure Adherence in Children and Adolescents

Obstructive sleep apnea (OSA) and insomnia are common sleep problems in children and adolescents and occur more often in racial and ethnic minority groups. When both conditions happen together, referred to as comorbid insomnia and sleep apnea, children may have worse health outcomes.

Positive airway pressure (PAP) therapy can effectively treat OSA, but fewer than 50% of children and adolescents are able to use it as recommended. It is unknown whether insomnia makes it harder for children to use PAP therapy. This study will follow a diverse group of children starting PAP treatment to learn how insomnia, race, and ethnicity affect PAP use. Understanding these factors may help improve treatment and support for all children and adolescents with OSA.