Author response to “Humidification during CPAP titration: an unresolved issue”

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We read the letter from Antonio et al. They think humidification may be beneficial in selected obstructive sleep apnea patients during continuous positive airway pressure (CPAP) titration such as patients with mouth breathing and patients requiring high positive airway pressure to eliminate airway obstruction. The role of humidification during CPAP titration cannot be discarded.

Our study is not to discard the role of humidification. Our results just showed that routine use of humidification during CPAP titration did not yield significant benefits regardless of initial nasal symptoms or diseases. Therefore, we emphasize that the routine humidification may be not necessary,

but it does not mean that humidification is useless for specific patents. We hope the readers do not misunderstand this point.

Antonio et al. point out a very important and interesting issue in this part. We agree that humidification may be beneficial in patients with mouth breathing and patients needing high CPAP pressure to maintain airway. But there are no clinical parameters that can early find out which patients are mouth breathers or those who required high CPAP pressure. Otherwise, there is no clear definition about mouth breathing and what level of pressure can be classified as high CPAP pressure. The severity of mouth breathing may be variable and which degree of mouth breathing will interrupt the normal humidity level is not known. In our points of view, the best way to evaluate this issue is to monitor mouth leak and CPAP flow together with humidification level in real time. Further study is needed to clarify this point, but there are some technical problems that should be overcome.

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Conflict of interest The authors declare no conflict of interest.