**Background** --- Continuous positive airway pressure (CPAP), since its introduction in 1981 has become the standard treatment for OSA. Several studies have focused on short term clinical end points; it is not known whether these early benefits of CPAP therapy are maintained over a longer period of time. The aims of this study were to determine the short and long-term impact of CPAP treatment among moderate-severe OSA patients in improving sleepiness-related functional impairment.

**Method** --- Forty two patients with AHI > 15 who received CPAP therapy for at least 2 months were included in the study. The ESS and FOSQ were measured at baseline and then at 2, 4 and 6 months of follow-up. The primary outcome measure was the change in ESS and FOSQ scores.

**Results** --- Forty two patients were included in the study (35 were male, and 7 were female). The average ages of the patients were 49.5 ± 7.8 years old (range 39 to 64). Majority of patients were obese with an average body mass index of 32.01 ± 4.8. kgm². The changes in ESS and FOSQ from baseline and at 2, 4, and 6 months evaluated through the Analysis of Variance (ANOVA) showed that there was a decrease in ESS and FOSQ from baseline up to 6 months with a p value of < 0.0001. The mean difference in ESS and FOSQ scores between baseline and at 6 months was a large 5.0 and 5.7 points respectively, suggesting a long and sustained improvement with continued use of CPAP. The largest mean difference in ESS and FOSQ was between scores at baseline and at 6 months with a p value < 0.0001, 95% CI of 1.79- 5.21) and 3.27 (p < 0.0001, 95% CI of -4.01 to -2.47) respectively. FOSQ showed significant differences in all domains. The patients continue to improve over the follow-up period, with the lowest mean ESS and highest FOSQ score observed at 6 months.

**Conclusion** --- Our study provides strong evidence that the use of CPAP resulted in short and long term improvements in sleepiness-related functional impairments. *Phil Heart Center J 2012;16:83.*