

Allergies, asthma and *sleep disorders*



Half of adult asthma patients experience obstructive sleep apnea (OSA).¹

Patients with OSA symptoms are nearly **3X as likely** to experience allergies like hay fever.^{2,3}



Asthma and **AR symptoms** are frequently experienced **during nighttime hours** due to a dip in cortisol levels at night that affects inflammatory cytokines and other mediators.⁴



Sleep exposes individuals to the most complex allergy milieu in the household; **mattresses, pillows and carpet** are prominent reservoirs of indoor allergens, frequently compounded by the **presence of pets** in the bedroom.



AR is associated with obstructive sleep apnea (OSA) and nasal obstruction causes **decreased adherence** to continuous positive airway pressure (CPAP).⁵



Allergy treatment may play a role in the management of sleep apnea, as well as **improve CPAP adherence** and sleep quality in patients with OSA on CPAP.⁵



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3. Teodorascu M, et al. Obstructive sleep apnea risk, asthma burden, and lower airway inflammation in adults in the severe asthma research program (SARP) II. J Allergy Clin Immunol Pract 2015;3:566-75.
4. Meijer G, et al. Frequency of nocturnal symptoms in asthmatic children attending a hospital outpatient clinic. Eur Respir J. 1995;8:2076-80.
5. Akhisa Yoshikawa, et al. Impact of antiallergy agents on CPAP therapy and sleep quality with spring pollinosis in Japanese. Sleep Breath. 2023 Feb 10; 1-9.
6. Therasse A, Grandjeff, B.S., Roberto Garcia, M.D. Subcutaneous Immunotherapy Transitioned to Sublingual Immunotherapy during the COVID-19 Pandemic in Asthmatic Allergic Rhinitis and Non-Asthmatic Allergic Rhinitis Patients: A Retrospective Chart Review

Harness *the power of SLEEP* to treat allergies and allergic asthma:

- Circava System™ is a novel and innovative allergy treatment, offering the power and personalized dosing of SCIT allergy shots, but in a more patient-friendly oral dose taken at night.
- It takes advantage of the patient's natural circadian cycle, a time when their immune system becomes particularly receptive to the administration of immunotherapy.
- Circava patients reach maintenance in an average of 22.9 days versus an average of 244 days with SCIT injections.⁶
- 84% of Circava patients reached maintenance dosage, compared to just 22% of SCIT patients, indicating superior compliance.⁶

Experience better therapeutic results...

...by effectively treating your patients for AR and allergic asthma in conjunction with your prescribed sleep disorder therapies. Unlike over-the-counter allergy immunotherapies, Circava System therapy is exclusively available as a physician-prescribed therapy. Unlike SCIT injections, the patient does not require supervision after self-administering therapy. With Potens Allergy's turn-key service and timely support, you can prescribe Circava System therapy to your patients easily and with confidence, without needing to refer them to an allergist.



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