

# WITHINGS Research Wave

Welcome to the fourth issue of Withings Research Wave, a periodic newsletter of medical and scientific news on how Withings technology advances the quality of care for patients with chronic conditions.

In this issue, we featuring highlights from the Withings library of research this year.



## Turning Challenges into Opportunities: Dr. Solomon Tesfaye and His Quest to Eradicate Preventable Amputations

Dr. Solomon Tesfaye is one of the world's leading researchers in the field of diabetic peripheral neuropathies (DPN). His life has been a story of overcoming challenges with a mission to tackle one of the biggest problems facing people with diabetes - preventable amputations.

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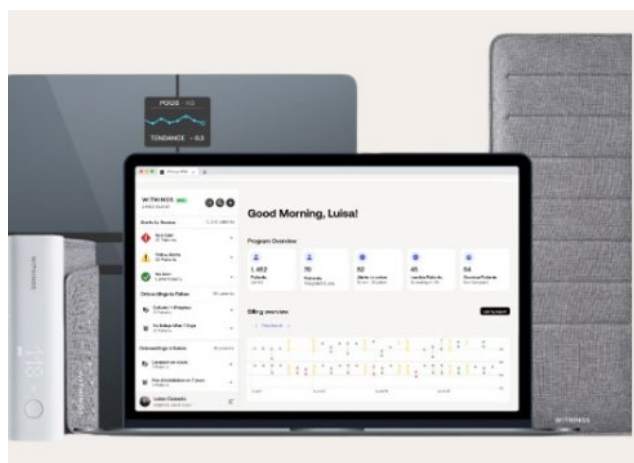
## Sleep Apnea Data from Multiple Nights is Key to Predicting Hypertension and Cardiovascular Risk

New large-scale, longitudinal studies show that monitoring sleep for at least 14 nights at home with a connected sleep tracking mat, can reduce the 30% high error rate of sleep apnea diagnosis from the usual single-night, in hospital polysomnography (PSG) technique. This technology can identify which patients most need expensive, intrusive, and difficult to access PSG. Longitudinal data also detects variability of Obstructive Sleep Apnea from night to night which is associated with hypertension.



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## Withings 2024 Year in Review: Research Highlights



2024 was an exciting year for Withings. We're honored that the global research community is increasingly turning to our solutions for studies across an impressive number of therapeutic areas. Among them are diabetic neuropathy, retinopathy, sudomotor function, hypertension, sleep quality, sleep apnea, dementia, ECG intervals in children, arrhythmias, cardiovascular autonomic neuropathy (CAN), public health monitoring, and health technology adoption. For a closer look at five recent publications of note.