

(19) World Intellectual Property Organization
International Bureau



(43) International Publication Date
1 August 2002 (01.08.2002)

PCT

(10) International Publication Number
WO 02/058610 A1

- (51) International Patent Classification⁷: A61F 13/02, A61K 9/50
 - (21) International Application Number: PCT/US02/02240
 - (22) International Filing Date: 23 January 2002 (23.01.2002)
 - (25) Filing Language: English
 - (26) Publication Language: English
 - (30) Priority Data: 60/264,166 24 January 2001 (24.01.2001) US
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 - (81) Designated States (national): AE, AG, AL, AM, AT, AU, AZ, BA, BB, BG, BR, BY, BZ, CA, CH, CN, CO, CR, CU, CZ, DE, DK, DM, DZ, EC, EE, ES, FI, GB, GD, GE, GH, GM, HR, HU, ID, IL, IN, IS, JP, KE, KG, KP, KR, KZ, LC, LK, LR, LS, LT, LU, LV, MA, MD, MG, MK, MN, MW, MX, MZ, NO, NZ, PL, PT, RO, RU, SD, SE, SG, SI, SK, SL, TJ, TM, TR, TT, TZ, UA, UG, UZ, VN, YU, ZA, ZW.
 - (84) Designated States (regional): ARIPO patent (GH, GM, KE, LS, MW, MZ, SD, SL, SZ, TZ, UG, ZM, ZW), Eurasian patent (AM, AZ, BY, KG, KZ, MD, RU, TJ, TM), European patent (AT, BE, CH, CY, DE, DK, ES, FI, FR, GB, GR, IE, IT, LU, MC, NL, PT, SE, TR), OAPI patent (BF, BJ, CF, CG, CI, CM, GA, GN, GQ, GW, ML, MR, NE, SN, TD, TG).
- Published:**
— with international search report
- For two-letter codes and other abbreviations, refer to the "Guidance Notes on Codes and Abbreviations" appearing at the beginning of each regular issue of the PCT Gazette.*



WO 02/058610 A1

(54) Title: ALKYL ARYL POLYETHER ALCOHOL POLYMERS FOR IMPROVEMENT OF NASAL BREATHING

(57) Abstract: A method and composition for treatment and prophylaxis of snoring, sleep apnea or sudden infant death syndrome and for improvement of nasal breathing in mammals by nasal and/or pharyngeal administration of tyloxapol or a related alkylaryl polyether alcohol polymer. A spray, liquid or solid composition comprising from about 0.01 to about 20 % (w/v), equivalent to about 100 µg/ml to about 200 mg/ml, or tyloxapol or another alkylaryl polyether alcohol polymer alone or in admixture with pharmaceutically acceptable excipients and additives. The composition is administered as a spray, liquid, liquid drops, lozenges or powder suitable for nasal and/or pharyngeal application.

Petitioner InnoPharma EX 1148

IPR2015-00902

IPR2015-00903

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BACKGROUND OF THE INVENTION

Field of the invention

The current invention concerns a method and composition for treatment and prophylaxis of snoring, sleep
10 apnea or sudden infant death syndrome and for improvement of nasal breathing in mammals by nasal and/or pharyngeal administration of tyloxapol or a related alkylaryl polyether alcohol polymer. In particular, the present invention provides a spray, liquid or solid composition
15 comprising from about 0.01 to about 20% (w/v), equivalent to about 100 µg/ml to about 200 mg/ml, of tyloxapol or another selected alkylaryl polyether alcohol polymer alone, in combination, or in admixture with pharmaceutically acceptable excipients and additives. The composition is
20 administered as a spray, liquid, liquid drops, lozenges or powder suitable for nasal and/or pharyngeal application.

Background of the Invention

Snoring and related sleep apnea are amongst the most troublesome sleeping impairments. Snoring is not only a
25 nuisance for other people, but it has been shown, similarly to sleep apnea, to correlate with increased daytime sleepiness and decreased alertness and work performance.

As a consequence of snoring and sleep apnea, normal sleep rhythm is disturbed and oxygen saturation is
30 decreased ensuing in following tiredness and decrease in alertness and performance. Sleep apnea is characterized by repetitive episodes of upper airway obstruction that occurs during sleep and is usually associated with blood oxygen desaturation, snoring and daytime sleepiness.

35 Sleep apnea is defined as cessation of air flow for

more than ten seconds, occurring at least ten times per hour at night (Clinics in Chest Medicine, 19:1 (1998) and Diagnostic and Coding Manual, The International Classification System of Sleep Disorders, Rochester, MN 5 (1990)).

Sleep apnea often leads to increased blood pressure, EKG changes, arrhythmia, neurologic changes, and even to increased risk for stroke (Clinics in Chest Medicine 19:1 (1998)).

10 A milder form of sleep disordered breathing affects many millions of people in the United States. Additionally, several million people suffer from an even more severe form of sleep disordered breathing (National Commission on Sleep Disorders Research, Bethesda, MD 15 (1995)).

Pathophysiologically, snoring and sleep apnea are characterized by a recurrent closure of the pharyngeal airway during sleep. Upper airway patency is influenced by muscle activity, anatomical features, vasomotor tone, 20 mucosal adhesive forces and inflammation (Clinics in Chest Medicine, 19:1 (1998)).

Snoring is an inspiratory sound which arises during a person's sleep. It is believed to be generally caused by the narrowing of the nasopharyngeal airway which is caused 25 by a turbulent airflow during relaxed breathing which vibrates the soft parts of the oropharyngeal passage, such as the soft palate, the posterior faucial pillars of the tonsils and the uvula. While snoring is unpleasant for other people, it is typically not dangerous to the snorer 30 and may cause fatigue. On the other hand, sleep apnea causes disruption in the sleep pattern and can result in daytime tiredness, loss of alertness and productivity. It would thus be advantageous to provide a treatment for both snoring and sleep apnea.

35 The current treatments of sleep apnea and snoring are

dominated by both pharmacological and non-pharmacological treatments, however, none of these have been found entirely satisfactory.

5 Examples of nonpharmacological treatment include positive pressure therapy, such as nocturnal ventilation, continuous positive airway pressure, oral apparatuses, such as tongue retainers and jaw protractors, and surgical management, such as uvulopalatopharyngoplastic surgery comprising removal of accessory pharyngeal tissue. A
10 comprehensive overview of these techniques is given in Clinics in Chest Medicine, 19(1):55-68 (1998); Clinics in Chest Medicine, 19(1):69-76 (1998); and Clinics in Chest Medicine, 19(1):77-86 (1998), among others.

15 Numerous other non-pharmaceutical treatment modalities have been proposed and used, however, these treatments, similar to those described above, are not entirely satisfactory and effective. Amongst these modalities are techniques used to manipulate a sleep position by, for example sewing a marble or tennis ball into a pyjama to
20 avoid supine sleeping, visual or electric manipulation triggered by microphones or mild electrical shock devices, or mechanical devices used to manipulate the head position.

Other treatments utilize such conservative measures as weight loss, reduction of alcohol consumption and avoidance
25 of medications which influence muscular tone.

Pharmacological treatment modalities include the systemic application of the therapeutic agents, such as tricyclic antidepressants, medroxyprogesterone acetate, tryptophane and other agents. All these agents have been
30 used only with limited success, in part because they can cause undesirable secondary reactions.

Some attempts were made to treat and prevent snoring and sleep apnea with various topically administered agents. In this regard, to date, the following nasal spray
35 applications have been suggested as possible treatments for

snoring.

Phosphocholinamine as a topical spray (Am. J. Otolaryngol., 8: 236 (1987)), topical administration of methylsulfonylmethane to the nasal epithelium (US Patent 5,569,679), and a mixture of surface active agents including Polysorbate 80, commercially available under the trade name Sonarex®, were suggested and/or are available as a topical spray for snoring.

The idea of nasal sprays to treat snoring dates back to 1955, when surface active substances, but not tyloxapol or alkylaryl polyether alcohol polymers, were first proposed for this purpose in US patents 2,989,437 and 4,668,513 and in German patent 3,046,125. The patent application WO 98/46245 proposes use of phospholipid lung surfactants for treatment of sleep apnea.

Other proposed treatment for snoring include the use of mucopolysaccharides (US Patent 5,516,765), use of surfactant, preservatives and microbicides (DE 3,917,109), pilocarpine (US 5,502,067), a mixture of herbal enzymes (US 5,618,543) and use of ubidecarone, a lipid existing in mitochondria (JP 1,165,522). US patent 5,569,679 proposes using a solution of 1-20% methylsulfonylmethane along with an analgesic compound.

The inventors of US patent 5,618,543 propose a mixture of natural enzymes and herbs as a remedy for snoring and allergies, given preferably as tablets. The US patent 2,989,437 describes a combination of an anti-inflammatory and an anti-bacterial substance as a nasal decongestant which could decrease snoring. The US patent 4,668,513 proposes, as a treatment for snoring, a composition comprising a surface active substance, a preservative, and a bactericidal or fungicidal substance in the form of a nasal spray.

None of the above treatments have been found to be effective for treatment of snoring and thus far none have

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