

Snoring and Sleep Apnoea

- Snoring is a common problem affecting up to 40% of men and 20% of women regularly.
- Snoring is noisy breathing through the mouth and nose during sleep.
- This noise is caused by vibration of a partially obstructed throat during sleep.
- Snoring can indicate a more serious problem, such as sleep apnoea, which is potentially life threatening, due to the repetitive pauses in breathing during sleep.
- Sleep apnoea can cause daytime tiredness which may result in motor vehicle and occupational accidents.
- Sleep Apnoea has serious health risks such as:
 - ❖ High Blood Pressure
 - ❖ Stroke
 - ❖ Heart Attack, Heart Arrhythmias
 - ❖ Impotence

When is snoring a problem?

- When you need to sleep in another bedroom or when your snoring interferes with your friends and family
- When your snoring wakes you up
- When your snoring is an indicator of a more serious problem such as sleep apnoea

What may make my snoring worse?

- Allergies
- Block noses, colds
- Alcohol, sleeping tablets and muscle relaxants
- Obesity / weight gain
- Sleeping on your back
- Anaesthetics
- Ageing



Symptoms of Sleep Apnoea

- Choking or gasping when waking from sleep.
- Feeling like you have not slept.
- Waking with a morning headache.
- Feeling tired or like you could fall asleep during the day.
- Has your partner ever commented?:
 - “You have stopped breathing during your sleep.”
 - “You snore”
 - “You sound like you are choking”

STOP-BANG Questionnaire

Are you at High Risk for Sleep Apnoea?

- | | |
|---|----------|
| 1. Do you snore loudly (louder than talking or loud enough to be heard through closed doors)? | Yes / No |
| 2. Do you feel tired, fatigued, or sleepy during daytime? | Yes / No |
| 3. Has anyone observed you stop breathing during sleep? | Yes / No |
| 4. Do you have high blood pressure? | Yes / No |
| 5. BMI more than 35 kg/m ² ? | Yes / No |
| 6. Age over 50 yr old? | Yes / No |
| 7. Neck circumference greater than 40 cm? | Yes / No |
| 8. Are you male? | Yes / No |

SCORE:

High risk of OSA: answering yes to three or more

Low risk of OSA: answering yes to less than three

How to treat your snoring?

- Losing weight of 3 - 5kg maybe helpful.
- Reducing alcohol, not smoking and not sleeping on your back.
- Specially made dental mouth splints (mandibular advancement splints).
- Provent, a nasal filter which increases the pressure in the back of your throat and stops the collapse of the upper airway during sleep.
- If sleep apnoea is a problem, nasal CPAP, a machine which splints open the upper airway, may be appropriate.
- Surgery may also be appropriate if your tonsils or adenoids are enlarged or you have a deviated nasal septum or chronic nasal blockage.

Where to from here?

If your snoring is a problem, or you have significant daytime symptoms, you need to discuss this with your local doctor who may arrange a sleep study.

What is a sleep study?

A sleep study is an overnight recording of your sleep for the diagnosis and evaluation of sleep disorders. Sleep studies can be performed either at home or in hospital.



What sleep disorders can be diagnosed?

Home-based sleep monitoring can diagnose snoring, obstructive and central sleep apnoea, periodic leg movement disorder, and insomnia. The sleep study can also give valuable information to assist in the diagnosis of other sleep disorders such as, delayed sleep phase syndrome and narcolepsy.

What is involved in a home-based sleep study?

On the day of your study night you will visit a Sleep Services Australia Centre for instructions and collection of the sleep monitoring device. The device is worn overnight to monitor breathing, oxygen level's brain activity, cardiac activity and body movements using several simple sensors applied to the skin surface. The device is returned the following day to the Sleep Services Australia Centre for assessment. You need to visit your local doctor approximately 2 weeks after this test to discuss your results.



Epworth Sleepiness Scale

This questionnaire is a measure of your likelihood of falling asleep in routine life situations.

Using the following scale, give each question a score on the chance of you dozing during the activity.

0 – Never; 1 – Slight; 2 – Moderate; 3 – High

Question	Score
• Sitting and reading	_____
• Watching TV	_____
• Sitting inactive in a public place (e.g. cinema or in a meeting)	_____
• Being in a car for an hour as a passenger (without a break)	_____
• Lying down to rest in the afternoon (when possible)	_____
• Sitting and chatting to someone	_____
• Sitting quietly after lunch (not having had alcohol)	_____
• In a car when you stop in traffic for a few minutes	_____

Calculate your results by adding the values from each box

RESULT	WHAT YOUR ESS RESULT INDICATES
<10	You are most likely getting enough sleep. However, if you have noticed a change in your normal sleep routine, you may want to talk to your doctor.
10-16	You may be suffering from excessive daytime sleepiness. You should see your doctor to determine the cause of your sleepiness and possible treatment.
16+	You are dangerously sleepy. It is imperative you see your doctor to determine the cause of your sleepiness and investigate treatment.

Appointment Details

APPOINTMENT Date:...../...../..... Time:.....

Your nearest Sleep Study Centre

Sleep Services Australia, National Provider of Home-Based Sleep Studies offers:

- Sleep Study Centres throughout Australia for Home-Based Studies and CPAP Therapy
- CPAP Trials plus on-going evaluations
- Specialist Sleep and Respiratory Consultations
- Mandibular Advancement Splint (MAS) Therapy
- Treatment options for sleep and respiratory disorders.



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Do you SNORE?

How serious is it?

A guide for Snoring and Sleep Apnoea



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