

For more information and advice contact:

The British Snoring and Sleep Apnoea Association

Freephone: 0800 085 1097

Open Mon – Fri 9.00am – 5.00pm

Contact Information

ENT Outpatients Department

Mon – Fri 8.30am – 5.00pm

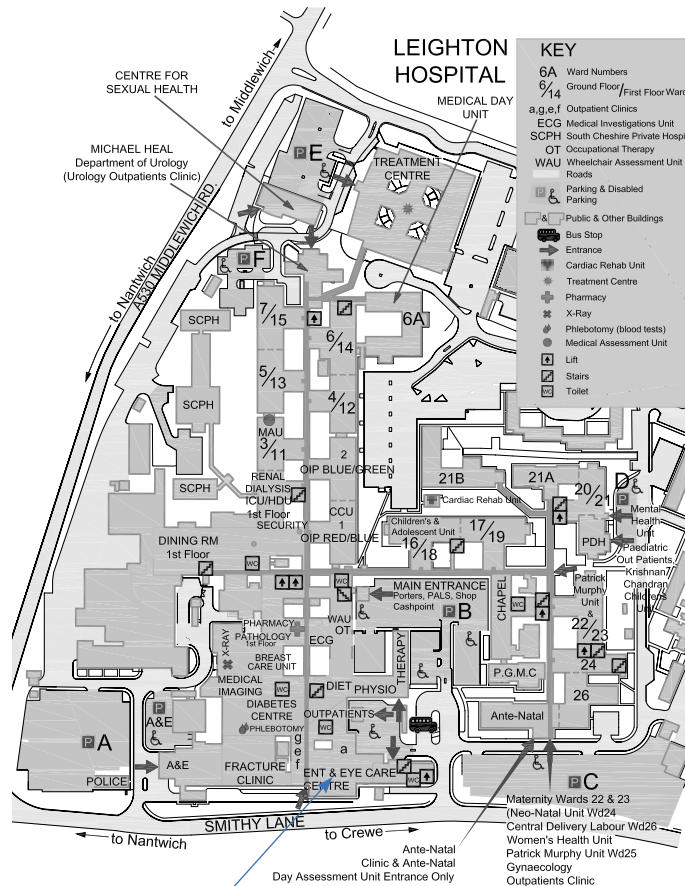
Tel: 01270 612206

Please cancel any appointment you cannot attend.

Secretary Telephone Number:

Mr Davies	01270 612002
Mr Deans	01270 612084
Miss Dingle	01270 612297
Mr Karkanevatos	01270 273392

STICKER



ENT and Eye Care Centre

Mid Cheshire Hospitals **NHS**
NHS Trust

Head and Neck Unit

Overnight Pulse Oximetry

Leighton Hospital
Middlewich Road
Crewe
Cheshire CW1 4QJ
Telephone: 01270 255141
Fax: 01270 587696

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Impressions . 01270 767661



INVESTORS IN PEOPLE



Snoring

The noisy sounds of snoring occur when there is an obstruction of the free flow of air through the passages at the back of the mouth and nose. This area is the collapsible part of the airway where the tongue and upper throat meet the soft palate and uvula. Snoring occurs when these structures vibrate during breathing.

All snorers have some obstruction of the upper airway, some have episodes of complete obstruction, lasting 10 seconds or longer indicating possible sleep apnoea.

Obstructive Sleep Apnoea

When loud snoring is interrupted by frequent episodes of totally obstructed breathing, it is known as obstructive sleep apnoea. These episodes can reduce blood oxygen levels, causing the heart to pump harder. The immediate effect of sleep apnoea is that the snorer sleeps lightly. Because the snorer does not get a good rest, they may be sleepy during the day, which impairs job performance and makes them a hazardous driver or equipment operator. After many years with this disorder, elevated blood pressure and heart disease may occur.

Overnight Pulse Oximetry

This is a screening method to monitor the oxygen levels within your blood while you are asleep. If the results are abnormal you may require further sleep studies known as Polysomnography.

You will be sent an appointment to collect the pulse oximetry equipment, which is in a small lightweight case. The nurse will give instructions to help you use this equipment at this appointment.

You can then record your overnight pulse oximetry, and return the equipment the following day.

Results

Our ENT doctor will analyze the results of your overnight study.

You will receive the results of the test by letter.

A review appointment or referral for further sleep studies (polysomnography) will be arranged if necessary.

DVLA

The DVLA recognizes that sleep disorders including obstructive sleep apnoea syndrome causing excessive daytime sleepiness is an indication for concern regarding fitness to drive. If your level of daytime sleepiness is found to be abnormal on Overnight Oximetry, it would be your duty to inform the DVLA regarding your medical condition. In this event should you continue to drive and cause an accident you are liable to prosecution.

Self help to reduce snoring

- Adopt a healthy and athletic lifestyle to develop good muscle tone and lose weight.
- Avoid tranquilizers, sleeping pills and antihistamines before bedtime.
- Avoid alcohol for at least 4 hours and heavy meals or snacks for 3 hours before sleeping.
- Establish regular sleeping patterns.
- Sleep on your side rather than on your back.
- Tilt the head of your bed upwards 4 inches.