

Snoring and Sleep Apnoea

Joe Marais FRCS(ORL)

Consultant Rhinologist, Nasal Plastic & ENT
Surgeon

Hillingdon, Northwick Park,
Clementine Churchill & Bishops Wood Hospitals
Snore-Tech, Harrow

Severe Snoring

my Dads snoring by
Susan (11yr)


He snores so loud I can't sleep, if I am sleeping it wakes me up. It is so loud and disgusting it makes me want to smother his head with the anti-snoring pillow until he stops breathing altogether. Sometimes his snoring noises are such that you think hes going to die in his sleep as if his snoring is choking him. Sometimes I wish he would. If this is not bad enough, imagine it a hundred times worse. This, you see, is the snoring after a bucketful of beer.

Please help my dad to be normal so as we dont have to kill him.

Incidence of snoring

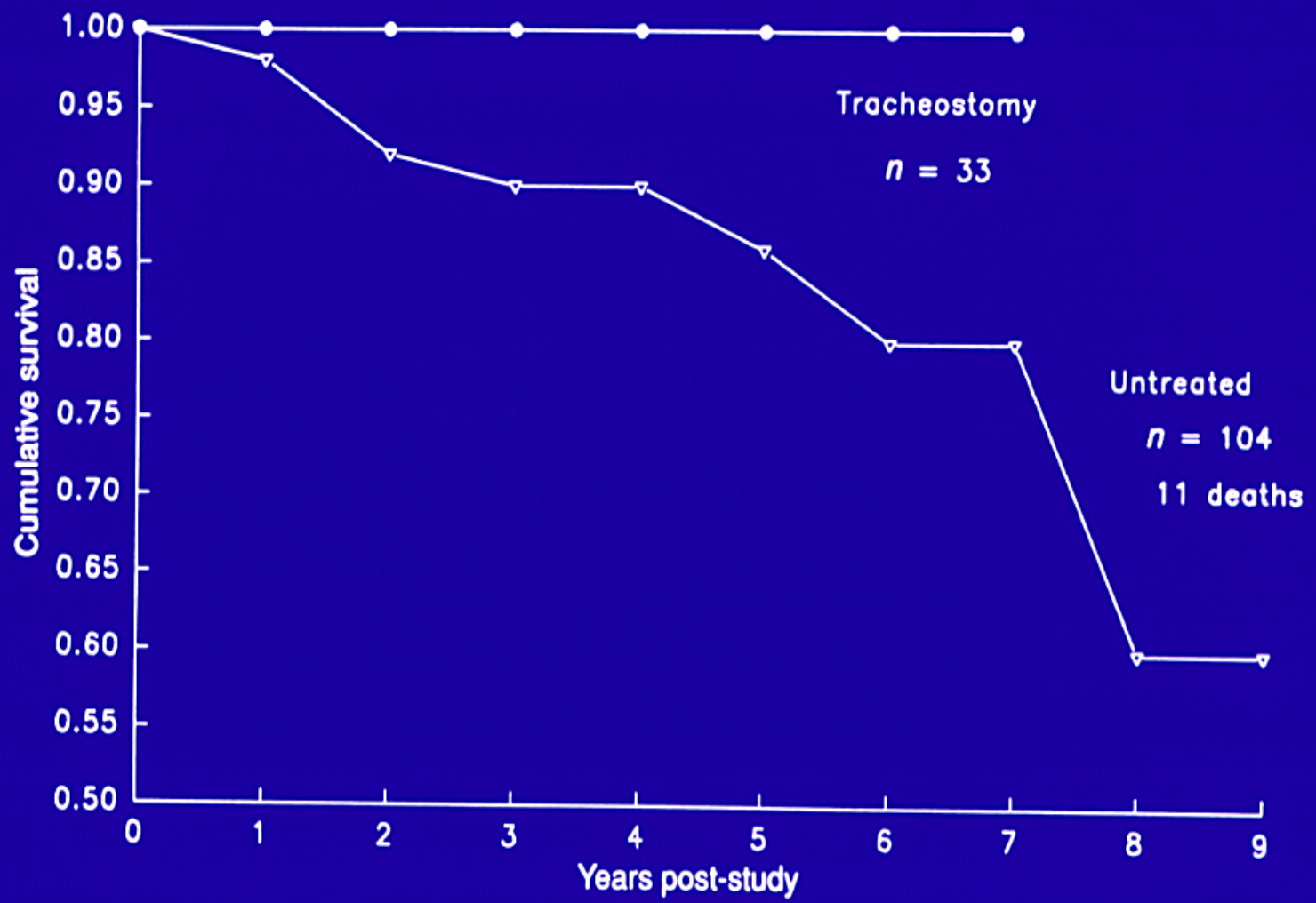
- ◆ 30-40% adult population
- ◆ Intrusive, disruptive ("Heroic") in 10%
- ◆ Increasing proportion seeking help
- ◆ Increasing proportion of women

Snoring v OSA ?

- ◆ Continuum : snoring  OSA
- ◆ Both may have daytime hypersomnolesence ("sleepy snorers")

Symptoms associated with OSA

- ◆ Snoring
- ◆ Un-refreshing sleep
- ◆ Excessive daytime tiredness
- ◆ Poor work performance
- ◆ Morning headache
- ◆ Sore throat
- ◆ Marital dysharmony; Loss of libido



How to investigate Snorer/OSA patient

- ◆ Severity
- ◆ Witnessed apnoea (Partner needed)
- ◆ Epworth form
- ◆ Weight, height, BMI, neck circumference
- ◆ Sedative, alcohol intake.
- ◆ CVS exam'n
- ◆ ENT exam'n

Epworth Sleepiness Scale

- ◆ 8 point questionnaire
- ◆ 3 points max(Max total /24)
- ◆ $>8/24 \Rightarrow$ possible OSA
- ◆ Higher score=higher chance of OSA
- ◆ Essential to assess all snorers

Managing Snoring / OSA in GP

- ◆ Weight reduction & fitness regime
- ◆ Ear plugs for partner
- ◆ Cut alcohol intake
- ◆ Stop sedatives
- ◆ Mandibular splint
- ◆ Singing(!)

Which cases to refer to ENT?

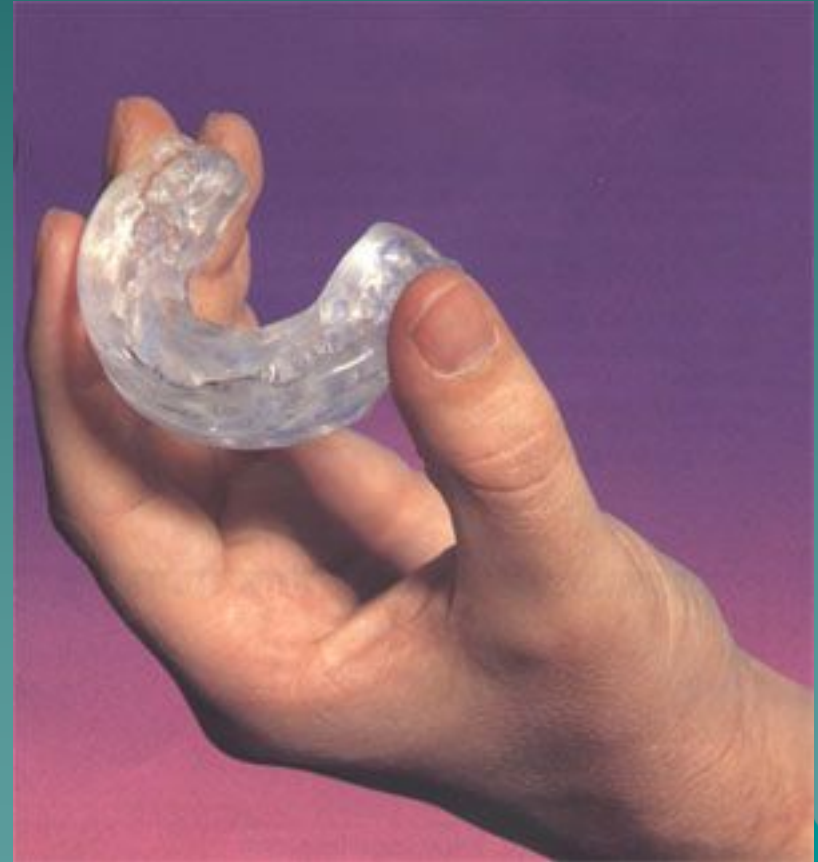
- ◆ Epworth >8/24
- ◆ Symptoms persist even after weight loss
- ◆ ENT blockage (nb remember children!)
- ◆ Severe partner/social disturbance
- ◆ Failed trial of MAS

Treatment Options in Snoring

- ◆ Wt. reduction (may not be effective!)
- ◆ MAS
- ◆ Surgery
- ◆ Sleep study may be needed first

Mandibular Advancement Splints

- ◆ Pulls lower jaw forward
- ◆ Available internet (DIY)
- ◆ Best done by Orthodontists



Mandibular Advancement Splints

- ◆ Orthodontic appliance
- ◆ Must have healthy teeth
- ◆ Must wear every night
- ◆ +/- 60% success
- ◆ Failure d/t dental & TMJ traction pain, fear of asphyxiation
- ◆ Will not cure severe cases of OSA

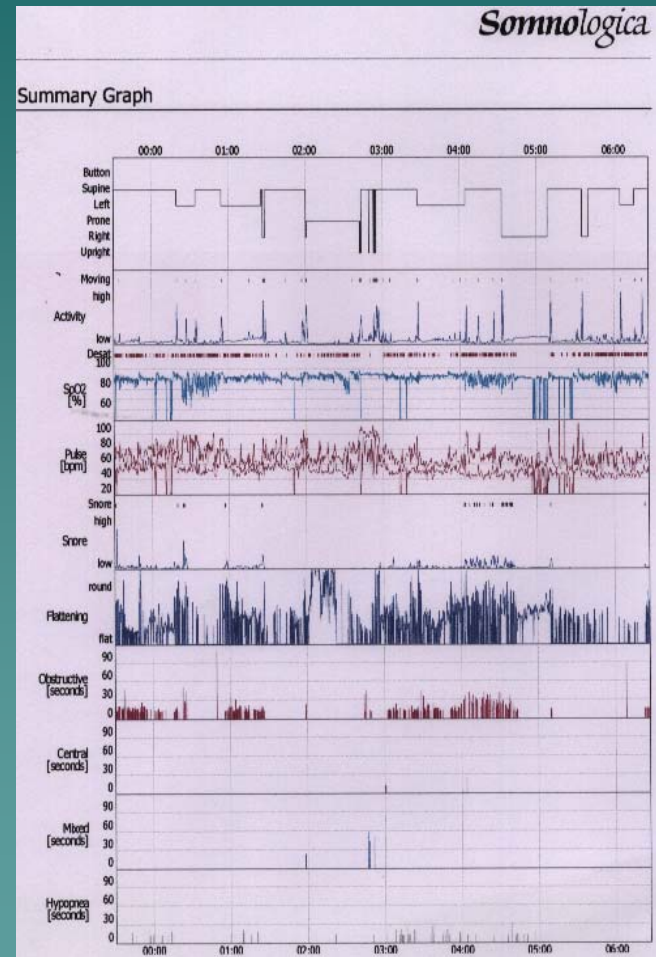
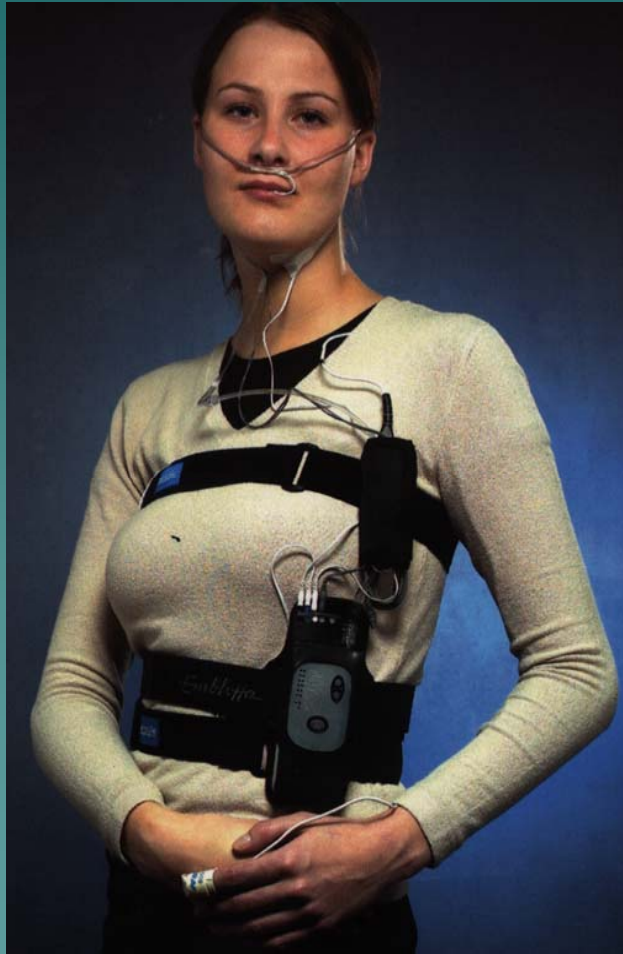
Surgical Options in Snoring

- ◆ Palatal Surgery
- ◆ Nasal Surgery
- ◆ Mandibulo-cervical (Hyoid suspension, mandibular advancement, tongue-base reduction)

Sleep Studies

- ◆ Required for all cases in whom history suggestive of OSA
- ◆ Epworth score $>8/24$
- ◆ Domiciliary studies more acceptable & cheaper

Sleep Studies



Treatment of OSA



- ◆ Mandibular Advancement Splint

Treatment of OSA - CPAP

