



WHAT IS OBSTRUCTIVE SLEEP APNOEA?

THE FACTS

- Does your spouse or partner's **SNORING** disturb your sleep?
- Do they seem to **STOP BREATHING** for moments or even minutes at a time while asleep?
- If the answer to these questions is **YES**, then he or she may well suffer from a serious but treatable condition called

OBSTRUCTIVE SLEEP APNOEA (OSA)

There are two self-diagnostic tests in this information sheet and, if your score is high, take the results to your GP who will be able to provide an appropriate referral to an NHS Sleep Clinic in your area. The condition can be treated by a simple painless non-surgical approach available entirely on the NHS.

Untreated OSA is associated with an increase in the risk of:

Excessive and Constant Tiredness, Irritability, Mood Swings, Under-performance at Work, Strokes, Heart Attacks, up to 20% reduced life expectancy (DVLA/NHS).

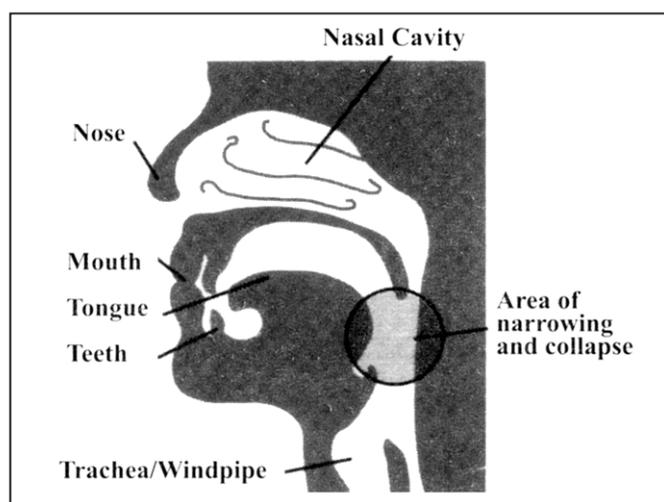
Facts about Excessive Sleepiness:

- Up to 3.9 million adults in the UK suffer from excessive sleepiness.
- Excessive sleepiness is often caused by Obstructive Sleep Apnoea (OSA) and is called Obstructive Sleep Apnoea Syndrome (OSAS)
- As many as 20% of road traffic accidents are thought to be caused by excessive sleepiness.

Yet, the treatment is simple, painless, available free on the NHS and can be wonderfully effective, restoring the energy of years gone by.

What is Sleep Apnoea?

Sleep Apnoea is caused by an increase in the normal narrowing of the throat during sleep to the point of obstruction.



The Epworth Sleepiness Scale- measures how sleepy you are

Sleepiness is the main disabling symptom of OSA

In recent days how likely are you to doze off or fall asleep?

Score yourself for each of the eight situations below, use the following scoring system:

0 = Would never doze

1 = Slight chance of dozing

2 = Moderate chance of dozing

3 = High chance of dozing

| Situation | Score |
|---|-------|
| Sitting and reading | |
| Watching television | |
| Sitting inactive in a public place, e.g. theatre or meeting | |
| As a passenger in a car for an hour without a break | |
| Lying down in the afternoon, when circumstances permit | |
| Sitting and talking to someone | |
| Sitting quietly after lunch without alcohol | |
| In a car, while stopped for a few minutes in traffic | |
| TOTAL | |

If your score is 10 or over, then you may have a sleep disorder!

You should take this leaflet to your GP and ask whether or not you need a referral to a Sleep Clinic

The Sleep Apnoea Trust's Phone Help Line is:

0800 025 3500

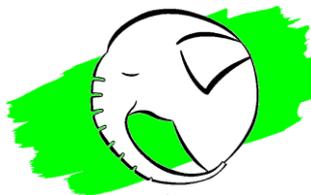
SLEEP APNOEA TRUST ASSOCIATION

WORKING TO IMPROVE THE LIVES OF SLEEP APNOEA PATIENTS, THEIR PARTNERS AND FAMILIES

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Registered Charity No 1056963

The Sleep Apnoea Trust is mainly managed by unpaid volunteers

Disclaimer

The information in this publication is given for general information purposes only. It is in no way intended to replace the professional medical care, advice, diagnosis, or treatment of a doctor. If you are worried about any aspect of your health, you should consult a doctor in person.