

**SLEEP APNOEA TRUST ASSOCIATION**  
**Membership Form**

Title:..... First Name:.....

Surname:.....

Address:.....

.....

.....

..... Postcode:.....

Telephone:.....

Email:.....

Clinic:.....

CPAP User Since:.....

Complaint:  Obstructive Sleep Apnoea  
 Central Sleep Apnoea

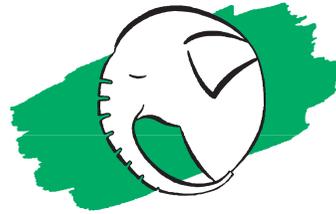
Annual Subscription £17 normal (or £5 in cases of hardship)	£
Donation	£
Total	£

**Gift Aid** **Yes / No**

*The Government supports charities by allowing us to reclaim tax you have paid on income donated to charity. Your payment is a donation to the Sleep Apnoea Trust.*

**The Sleep Apnoea Trust's  
Phone Help Line is:**

**0800 025 3500**  
**Freephone**



**SLEEP APNOEA  
TRUST  
ASSOCIATION**

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

PO Box 60, Chinnor, Oxon, OX39 4XE  
Tel: 0800 025 3500

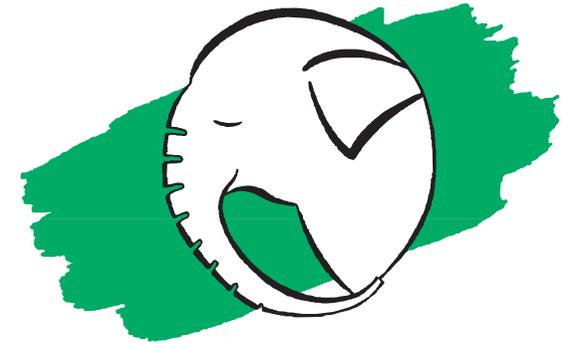
info@sleep-apnoea-trust.org  
www.sleep-apnoea-trust.org

Patron: The Earl of Buckinghamshire  
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.



**JOIN  
THE  
SLEEP  
APNOEA  
TRUST**

**THE FACTS**

## What is the Sleep Apnoea Trust?

The Trust exists to improve the lives of sleep apnoea patients, their partners and their families. You can help in this valuable work by joining the Sleep Apnoea Trust Association.

## What does the Sleep Apnoea Trust Association (SATA) do?

### • Advocacy

The Trust is dedicated to influencing UK authorities to improve healthcare and other issues affecting sleep apnoea patients, such as driving and air travel.

### • Medical Alert Cards

New members get a complimentary SATA credit card sized, plastic medical alert card. The card carries a message warning paramedics and doctors of the medical condition. The card also bears a contact name and phone number of your Sleep Clinic.

### • Newsletters

Members are kept up to date with Sleep Matters, our newsletter, which is published several times a year.

### • Help-lines

Volunteers offer friendly and confidential advice on practical (not medical) matters to members and non-members alike. Our help-lines are ready to help anyone worried about sleep apnoea.

We do not provide medical advice. If you suspect that you may be suffering from sleep apnoea please consult your own GP, who will be able to refer you to a specialist Sleep Clinic.

### • Conferences

Come to *SATADay*, our annual conference, where members and their guests see the latest equipment, listen to talks by medical experts, discuss problems with sleep nurses, sort out mask problems and exchange views and ideas with other patients.

### • Raise Awareness of Sleep Apnoea

The Trust campaigns to let society know the risks of not treating sleep apnoea and how effective treatment can be.

### • Medical Equipment Baggage Tags

Available only for members to purchase at £10 each.

### • Research and Development

The Trust assists projects designed to improve the lives of sleep apnoea patients. News of this research is published in Sleep Matters.

### • Website

The Trust maintains a comprehensive website, with advice on all the issues surrounding sleep apnoea. Information leaflets like this can be downloaded, as can the newsletter Sleep Matters, and there are links to other sites that may be helpful. Members have exclusive access to a Member's Area, where much more detailed information is available.

If you are having difficulty in coming to grips with CPAP treatment or you just need a bit of practical advice ring our help-line – 0800 025 3500 – Freephone. All advice is confidential. Please contact us for friendly advice based on personal experience.

## Join Now, Donate Now

Fill in a membership form and become part of this important patient support group. Membership forms are available on our website and you can also join on line, pay on line and donate on line.

## What is Obstructive Sleep Apnoea (OSA)?

People with obstructive sleep apnoea are unable to sleep properly. Their sleep is constantly disrupted by snoring and obstructed breathing to the extent that they briefly stop breathing. This can happen several hundred times each night.

Sufferers often fall asleep during the day even whilst working or driving.

Treatment, which is normally instantly effective, is to use continuous positive airway pressure (CPAP). This involves the use of a small electric pump connected to a mask over the nose, occasionally the mouth as well.

Central Sleep Apnoea is slightly different. In this variant the brain forgets to breathe during sleep.

## Who has Obstructive Sleep Apnoea?

It is estimated that as high as 13% of men and 6% of women in the UK suffer from OSA. That is 3.9 million people. Many, but not all are overweight, especially around the neck and they all snore. They feel tired and sleepy during the day and at night are often observed to stop breathing.

## This could be me, what should I do?

Speak to your GP, who will be able to refer you to a specialist Sleep Clinic.

## How do I find out more?

Contact the Sleep Apnoea Trust directly. Details are at the end of this leaflet and our website has extensive information.

## Privacy Statement Summary

Preservation of your privacy is important to the Sleep Apnoea Trust Association and we are committed to letting you know how we use your personal information.

### 1. Information about you

- We will collect personal information from you when you register as a member with us.
- This will include your name, title, email address, physical address, telephone numbers, sleep clinic, membership category, gift aid status, payment method, date of joining, renewal date, apnoea type and communications preference.

### 2. Our use of this information

- Your personal information will only be used to process your membership and to provide newsletters and other information that we feel you may have an interest.
- We will not share your information with any other organisations, but will, from time to time invite you to assist research and development programmes associated with sleep apnoea. It is then your decision to share information and your opinion with others.

### 3. Security

- We will take all reasonable precautions to prevent the loss, misuse or alteration of information you give us.
- Communications in connection with your membership will be sent by e-mail unless you opt for postal communication.

### 4. Website Use and Cookies

- Please look at our website and read our website and cookie policy

### 5. Other information

- If you would like us to correct or update any information, then please email us at [info@sleep-apnoea-trust.org](mailto:info@sleep-apnoea-trust.org)
- This privacy policy may be updated from time to time, so please check it periodically.
- Links within our sites to other websites are not covered by this privacy policy.