



# JOIN THE SLEEP APNOEA TRUST – THE FACTS

## What is the Sleep Apnoea Trust (SATA)?

The Trust is a patient support charity run by volunteer patients, which exists to improve the lives of sleep apnoea patients, their partners and their families. You can help by joining this charity.

## What is Obstructive Sleep Apnoea?

Obstructive sleep apnoea (OSA) is a relatively common condition where the muscles and soft tissues in the throat relax and collapse sufficiently to cause a total blockage of the airway. This blockage is called an apnoea when the airflow is blocked for 10 seconds or more.

People with OSA experience repeated airway blockages throughout the night. During each episode the effort to breathe in against the blocked airway triggers the brain to pull the patient out of deep sleep sufficient to reopen the airway and allow breathing to restart.

Sleep is therefore repeatedly disturbed, which can cause sleepiness and memory impairment. The sleep disruption or oxygen dipping may lead to high blood pressure, which could theoretically increase the chance of a stroke or heart attack.

## How is Obstructive Sleep Apnoea treated?

Treatment for most, which is normally instantly effective, is to use CPAP (continuous positive airway pressure) therapy. This involves the use of a small electric pump connected to a mask over or under the nose or nose and mouth: the increase in air pressure while breathing keeps the airways open. This is free on the NHS.

There is another treatment using a device like a sports gum shield called a mandibular advancement device (MAD) which can help those intolerant to CPAP, but this is not free on the NHS.

## Who has Obstructive Sleep Apnoea?

It is estimated that 13% of adult men and 6% of adult women suffer from Obstructive Sleep Apnoea (OSA) in the UK. That is nearly 4 million people. Many but not all are overweight, especially around the neck area, and most snore. They often feel tired and sleepy during waking hours 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 hospital sleep unit.

## How do I find out more?

Visit the Trust's website where there is the most detailed source of accurate, NHS Consultant-level checked information. If you cannot access the internet, call the Trust and request information be sent to you by post,

## What does the Sleep Apnoea Trust do?

### Annual Conference

This allows members and their guests to see the latest equipment, hear talks by medical experts, discuss problems with sleep nurses, sort out mask problems and discuss ideas with other patients

### 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.

### Email Helpline

Should you not be able to find answers to your questions on the website, we operate an email-based helpline service, run by volunteer patients, which can generally provide a response within 24 hours.

### Medical Alert Cards

New members get a complimentary credit card size and quality medical alert card. The card carries a message warning paramedics and doctors of the medical condition. The card also bears your Sleep Clinic phone number.

### Medical Equipment Baggage Tags

Available only for members to purchase at £10 each.

### Newsletters

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

### 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.

### 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 obstructive 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.

## JOIN SATA AND HELP US

Much of our funding for these vital activities comes from member's subscriptions. If you join SATA you will be helping us keep up this valuable work, and to help us get diagnosis and treatment for the up to 3.9 million adults in the UK who may have undiagnosed sleep apnoea.

Please complete the membership application below and become part of this important patient support group

### SLEEP APNOEA TRUST ASSOCIATION - Membership Form

Title..... First Name..... Surname.....

Address.....  
.....

Postcode.....

Telephone.....

Email.....

Clinic.....

CPAP User Since.....

Complaint (tick)....  Obstructive Sleep Apnoea  Central Sleep Apnoea

#### Annual Subscription

£20 Normal	£
£10 in cases of hardship	£
Donation	£
TOTAL	£

Gift Aid: Yes / No

## PAYING ONLINE

### PayPal or a Debit/Credit Card

Go to this page on the SATA website, <http://www.sleep-apnoea-trust.org/renew-membership-online/> and fill in your details, press submit and this will take you to the Shopping Cart where you can choose your payment rate. Then proceed to the Checkout and choose whether to pay by PayPal or Credit/Debit card.

### Direct Bank Transfer

Using your online banking facility– Go to this page on the SATA website, <http://www.sleep-apnoea-trust.org/renew-membership-online/> and fill in your details, take note of the SATA banking details, press submit and then go to your online banking facility and make your payment.

A/C Name: Sleep Apnoea Trust....A/C No.: 83589805.....Sort Code: 60-11-01

### Paying by phone using your Credit/Debit Card

Call 0800 025 3500 and we will take your payment over the phone – many members have used this facility ready.

### Paying by post with a cheque or postal order

Send a cheque or postal order with your name and postcode on the back to:  
Chris Rogers, SATA, Downland View, Broadbush, Blunsdon, Swindon, SN26 7DH

#### Privacy Statement

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. The SATA website sets out in detail how we protect your data.

The Sleep Apnoea Trust website is:

[www.sleep-apnoea-trust.org](http://www.sleep-apnoea-trust.org)

This is where you will find the most comprehensive, current and medically verified information available in the U.K., relevant to the UK National Health Service.

## SLEEP APNOEA TRUST ASSOCIATION

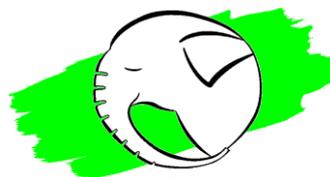
THE PATIENT'S VOICE

We work to improve the lives of sleep apnoea patients, their partners and families

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Patron: The Earl of Buckinghamshire

Registered Charity No 1056963

#### 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.*