

SCREENING, DIAGNOSIS AND TREATMENT OF SNORING

The NHS does not generally offer treatment for simple snoring and there are usually long waiting lists for OSA diagnosis and treatment.

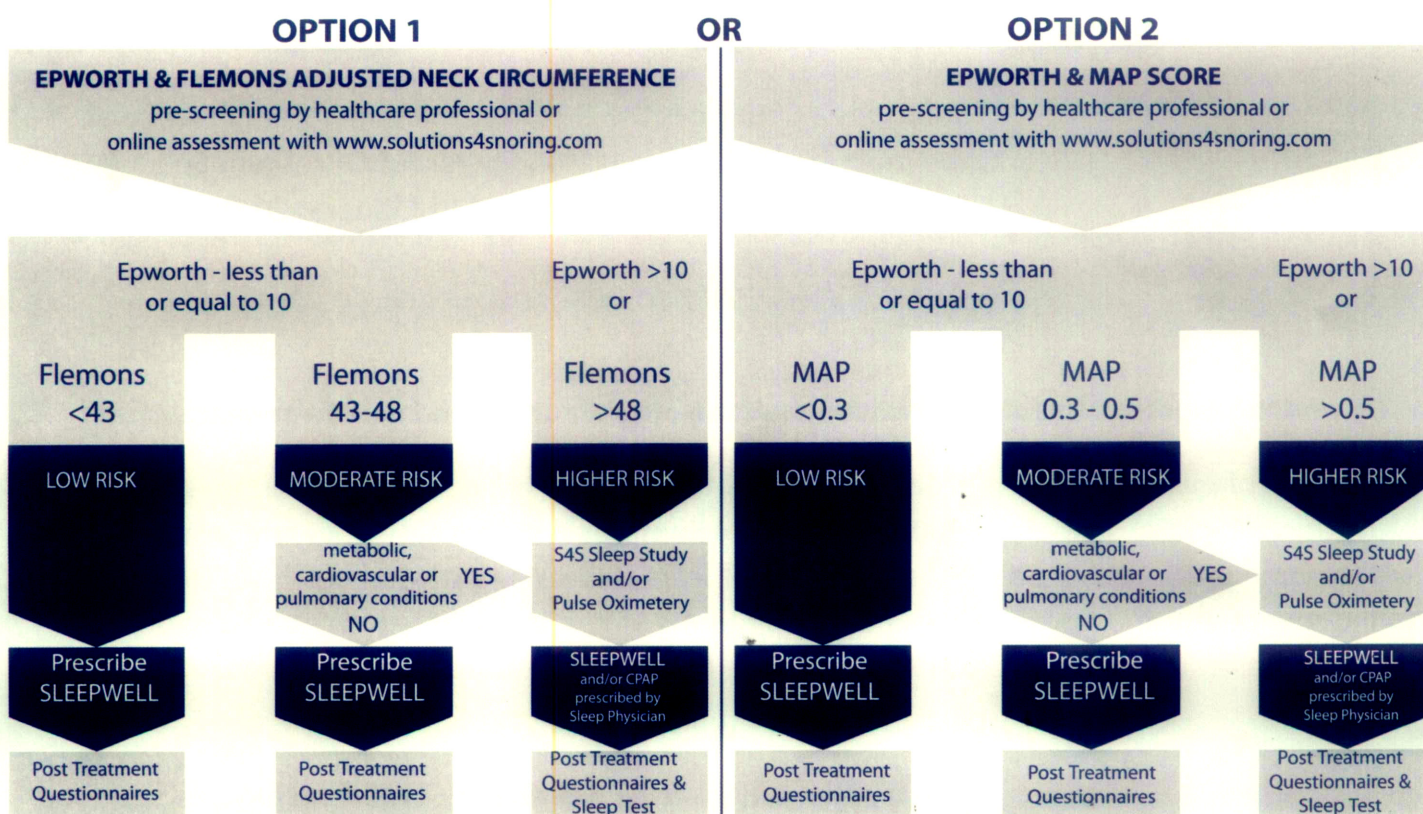
Screening - Snoring Assessment - A patient pre-screening questionnaire (PPQ) should be used to assess the degree of snoring and the risk of OSA. The PPQ is free by contacting Solutions 4 Snoring on 0870 720 2180, visit www.solutions4snoring.com or by referral to an S4S trained healthcare professional. Patients should be screened by using the **Epworth Scale AND either Flemons Adjusted Neck Circumference OR Multivariant Apnoea Prediction (MAP Score)**. PLEASE SEE SCREENING TOOLS SECTION BELOW AND FOLLOW RELEVANT PATIENT CARE PATHWAY

Diagnosis - Sleep Test for OSA - If after completing the questionnaire, OSA is suspected the patient should be advised that a sleep test is required either via the NHS or privately. The private sleep test is undertaken within the patient's home using a domiciliary system at £190 + VAT. This enables immediate diagnosis to determine whether the patient suffers from this life threatening condition.

Treatment - Depending upon the severity of OSA, treatment with CPAP or Sleepwell™ will be offered. Sleepwell™ is available from Solutions 4 Snoring trained dentists. To find your nearest trained dentist visit www.solutions4snoring.com/p_findnearest.php

SCREENING TOOLS			
EPWORTH SLEEPINESS SCALE			
How likely are you to doze off or fall asleep in the following situations (in contrast to feeling just tired)? Even if you haven't been in some of these situations recently, try to work out how they would have affected you.		Situation	Chance of Dozing
		Sitting and reading	_____
		Watching TV	_____
		Sitting, inactive in a public place (e.g. a theatre or a meeting)	_____
		As a passenger in a car for an hour without a break	_____
		Lying down to rest in the afternoon when circumstances permit	_____
		Sitting and talking to someone	_____
		Sitting quietly after lunch without alcohol	_____
		In a car, while stopped a few minutes in the traffic	_____
		TOTAL SCORE	_____ (0-24)
Use the scale to choose the most appropriate number for each situation: 0 = NEVER doze 1 = SLIGHT chance 2 = MODERATE chance 3 = HIGH chance			
FLEMONS ADJUSTED NECK CIRCUMFERENCE		MAP SCORE	
Neck Size	in cm _____ cm	If you wish to use MAP to screen for OSA. The software is available as a FREE download from: www.solutions4snoring.com You will require MS Excel to run the MAP calculator.	
Hypertension Y/N	if YES add 4 _____		
Habitual Snorer Y/N	if YES add 3 _____		
Choke or Gasp most nights Y/N	if YES add 3 _____		
TOTAL _____			

PATIENT CARE PATHWAYS



SNORING AND OBSTRUCTIVE SLEEP APNOEA TREATMENT

There are three **clinically proven** treatment routes other than losing weight.

Continuous Positive Air Pressure (CPAP)

This is the gold standard for sufferers of **severe** Obstructive Sleep Apnoea. CPAP is **NOT** recommended for the treatment of simple snoring.

Mandibular Advancement Splints

The role of mandibular advancement splints (MAS) in the management of snoring is widely recognized (SIGN guidelines, 2003).

Sleepwell™ has been independently and rigorously tested both in terms of its clinical effectiveness and patient acceptability (Barnes et al., 2004 Am J Crit Care Med). **Sleepwell™** is the most **clinically proven mandibular advancement splint** for the treatment of snoring and mild to moderate OSA. **Sleepwell™** can be fitted by Solutions 4 Snoring trained dentists. To find your nearest dentist visit www.solutions4snoring.com/p_findnearest.php or call 0870 720 2180.

Surgery

There are a wide range of surgical procedures to address snoring however all other options should be considered prior to surgery as surgery is non reversible and often extremely invasive.

PATIENT CARE PATHWAY PHOTOGRAPHIC ILLUSTRATION



Complete a pre screening questionnaire

Simple Snorer

OSA Suspected



Pulse oximetry may have a role instead of/prior to a sleep study

Mild / Moderate OSA



Patient undertaking an S4S sleep test at home £190 + VAT. Private Medical Insurance often covers the S4S Home Sleep Study.

Severe OSA



Patient wearing Sleepwell™

If not CPAP compliant



A patient with severe OSA sleeping with CPAP

Solutions 4 Snoring home sleep study

The diagnosis of OSA or Simple Snoring is confirmed by an overnight sleep study (S4S home sleep study) and assessed by a specialist physician.

The S4S home sleep study is sent direct to the patient and has been developed to be simple to fit. This allows the patient to be tested in a familiar environment giving a more accurate measure of natural sleep.

The S4S comprehensive sleep study measures the patient's airflow, breathing effort, snoring severity SpO2, heart rate, body position and allows for event markers (e.g. lights off or standing up). Visit www.solutions4snoring.com/p_sleepstudy.php

Consider Sleepwell™ for patients with mild/moderate OSA or non compliant with CPAP