

## TREATMENTS FOR SNORING & OBSTRUCTIVE SLEEP APNOEA

- **Weight reduction** (weight loss 'middle age spread', lose holiday weight gain)
- **Exercise program** (preferably during daylight hours)-promotes sound sleep & weight loss
- **Improve sleep hygiene** (adequate time in bed: usually 8 hours of sleep, set the same wake-up time each morning, regularise shiftwork & mealtimes, etc)
- **Improve general health** (reduce or cease: smoking, caffeine & recreational drugs)
- **Reduce alcohol intake & sedatives** (sleeping or sedating tablets)
- **Sleep more upright** (more pillows, wedge under mattress, elevate head of bed)
- **Sleep on side:** sleep position modification device (pouch sewn into pyjamas with corks or tennis balls or marbles, 'Nightshift' vibrating device, 'Rematee' T shirt with airbags, etc)
- **Reduce nasal stuffiness**, congestion & blockage, thereby improving airflow, reducing mouth gape & mouth breathing (includes cease smoking & nasal patency surgery):
  - Anti-allergy Nasal Sprays: Steroid: Nasonex, Rhinocort, Avamys, Omnaris, Beconase, Budamax; Dymista
  - Non-Steroid: Atrovent, Antihistamine: Azep, Vitamin E: Nozoil;
  - Saline spray o.t.c. many times per day: FESS, Narium, etc;
  - Nasosinus washout: 'FLO', NeilMed SinusRinse, FESS;
  - Nasal passage dilators: 'BreatheRight' external strips, 'Nasovents'.



### Tongue Stabiliser Devices;

### Chin stabiliser



Prevent Nasal Valves

### Mandibular advancement splints "MAS"

- 'Mouth guards' / 'oral appliance' fitted by specialist dentist.

### Surgeries:

- Remove enlarged **tonsils**, restore good **nasal patency** to improve nasal airflow (septoplasty, turbinectomy, sinus), remove adenoids
- Throat surgery: UPPP & variations of palate trimming (may be painful!)- infrequent surgeries: 'Pillar' procedure, scarring of floppy palate, tongue base reduction or 'channelling'; tongue advancement
- Jaw advancement by facial surgeon; either lower jaw and/or both jaws (often with orthodontics)
- Tracheostomy: hole in windpipe.



### "CPAP" (Continuous Positive Airway Pressure)

- Nasal mask & pump delivering air in timing with breathing
- Easily rented for 1-2 month trial at low cost, effective, can be returned if unpleasant.

