

Snore Centre Patient eNewsletter

April 2012

45% of HGV Drivers Likely to Suffer From Sleep Apnoea

A new Australian study published in Sleep Journal has highlighted the dangers of sleep apnoea in commercial drivers.

As obstructive sleep apnea (OSA) is associated with a higher risk of motor vehicle crashes, there is increasing regulatory interest in the identification of commercial motor vehicle (CMV) drivers with this condition. This study aimed to determine the relationship between subjective versus objective assessment of OSA in CMV drivers.

Drivers were interviewed regarding their driving experience, personal health, shift schedules, payments, and various questions on sleep and tiredness in order to describe their sleep health across a range of variables. In addition, home recordings using a flow monitor were used during one night of



sleep. Only 4.4% of drivers reported a previous diagnosis of sleep apnea, while an at home diagnostic test found a further 41% of long-distance heavy vehicle drivers likely to have sleep apnea. 36% of drivers were overweight and a further 50% obese; 49% of drivers were cigarette smokers. The study concluded that sleep

apnea remains a significant and unrecognized problem in CMV drivers, who were found to have multiple health risks. It recommended that objective testing for this sleep disorder needs to be considered, as symptom reports and self-identification appear insufficient to accurately identify those at risk.

The Snoring Disorders Centre has been renamed

Sleeping Disorders Centre

Check out the new look website



SLEEPING DISORDERS CENTRE
Sleep, the best Medicine!

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Snore Centre Patient Story: Getting Used to CPAP - The first 2 Weeks

I have been using CPAP now for two weeks. I have the Optilife intranasal pillow mask and REMstar Auto A-Flex machine with Humidification. The machine was really easy to use and the mask fitted well. The mask is so easy to fit and adjust, as long as you choose the correct size pillow for your nostrils.

I set it all out and tried it, then left it for later that night. Went to bed, made sure I was fully relaxed, put the mask and machine on and fell off to sleep fairly quickly. The machine is very quiet. Rather than my husband being disturbed by my snoring he said it was too quiet!!

After 4 hours I woke up to go to the bathroom, got back into bed and put on my mask and machine, but had to try 4 or 5 times until I could get comfortable, but unfortunately nothing was helping. I just went into a panic and couldn't work out how to breathe 'through' the machine's pressure. It was well after 2am by this time so had to give in as my other half (OH) had to be in work before 5 that morning and I was disturbing him too much. My nose seemed really cold too so thought I something must be wrong!

During the following day I went over the instructions/settings etc.

and discovered that one of the settings on the machine was set for a different nasal pillow, so altered that and the following night was much better..... apart from the pillow, that made my nose sore!

My first night was a Friday, so when Monday morning came and Philips Respironics (PR) helpline was open I thought I'd call then just to check I was doing things right... but before I phoned them they phoned me and put my mind at rest. They went through a few more settings etc. and I was really impressed with their care towards my condition.

After the scary first night I seemed to adapt to using the CPAP machine. I struggled a bit with the washing of the hose. PR said it only had to be done once a week, but having other health issues I needed some assistance with this. First off I didn't have enough strength to remove the hose from the machine, so it wouldn't be something I could do if I were on my own. I'm sure a healthy person would have no trouble. The daily washing of the mask cushion and the humidifier haven't been a problem...apart from remembering to do them!

My OH has been occasionally watching over me whilst I was

sleep and he could see on occasions where I started to snore and the pressure on the machine started to increase, stopping the snore in mid flow so to speak! So I know it's doing its job there!

My first SD card has been sent off and I am awaiting the results. I'm hoping they will be saying they are as good as I think from reading the settings on the CPAP Machine. It is showing my AHI has come down to around 6 from 62 which was discovered at the initial sleep study. I am just waiting for their confirmation of the readings.

To continue reading this patient story visit the [Snore Centre Blog](#)

To have your sleep apnoea story published in this newsletter and on the Snore Centre blog please contact guyrowland@gmail.com

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