



Snore Centre Patient eNewsletter

Welcome to the first Snore Centre Patient eNewsletter

Introduction from Michael Oko

I have decided to start providing a monthly eNewsletter for patients to keep you informed of the work of the Snore Centre, and to communicate any news and information about sleep apnoea and snoring disorders that may be useful for sufferers to know. Welcome to the first edition!

I am also keen to raise awareness of the prevalence of sleep apnoea in the UK and worldwide, and to this end have begun writing a [blog](#) about sleep disorders, and also have a presence on [Twitter](#) and [Facebook](#). You can therefore follow my posts and updates on whichever of these sites you prefer. I hope you find this newsletter useful, please let me have any feedback by commenting on the blog.

Up to 20% of traffic accidents are sleep related

It is suspected that lack of sleep is responsible for 20% of car crashes, and tiredness impairs driving more than drink. With many sleep apnoea sufferers unaware of the condition, and an estimated 1 in 6 HGV drivers suffering from sleep apnoea, this is having deadly consequences on the roads. Studies in Lincolnshire show that treating sleep apnoea significantly reduces the number of road traffic accidents in the county.

[read more about this](#)

World Sleep Day 2011

The fourth annual World Sleep Day



UK Healthcare Ambassador Lord Darzi presents a nomination for Middle East Hospital's Excellence in Respiratory Care award at the Arab Health exhibition in Dubai

Patient Satisfaction at the Heart of the NHS

In my view patient satisfaction should be put at the heart of the NHS and healthcare in Britain. What is important to a patient? In my experience of patients in Lincolnshire what they want is: to be seen locally; by a friendly doctor; in a timely manner; in a pleasant and clean environment; and to be given a high quality service. At the Snore Centre we strive to provide the best service possible, and to do this we need feedback from patients so we know which things we are getting right, and where there may be a problem that needs solving.

At present the only feedback patients and GPs have to go on when choosing a place to go for treatment is the number of complaints a department has received. As you may know ULHT uses an interactive touch screen kiosks so that patients can give feedback quickly and easily during their visit. We then compile that information and I publish it on the Snore Centre website [here](#). However, this information needs to be made available to patients at the GP stage, when choosing a clinic, and there needs to be comparable data available for all hospitals... [read more about this](#)

April 2011

was held on 18th March. "Sleep Well, Grow Healthy" was themed to highlight the importance of sleep for people of all ages. Newborn infants, children, adolescents, and adults both young and old need quality sleep to maintain a healthy life. The scale of the problem was highlighted by the recently published Philips Index for Health and Well-Being report...

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[Spreading the Sleep Apnoea Message in the Middle East](#)

The Snore Centre took a stand at the Arab Health exhibition in Dubai, held in January this year. The show is the second largest healthcare expo in the world, and a wonderful opportunity to promote the work of the clinic to an international audience, and encourage local hospitals to set up sleep clinics. Levels of excessive weight gain, hypertension, diabetes, heart disease and sleep apnoea are skyrocketing in the Middle East, mainly due to the modern lifestyle. While in Dubai I was presented with a nomination (see picture above) for an award by the former UK health minister and distinguished heart surgeon Lord Darzi... [read more about this](#)

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The Snore Centre treated over
400 patients in the past year.
96% were very satisfied with the
service they received

Visit our website
www.snorecentre.com

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