

Snore Centre Patient eNewsletter

July 2011

New Snoring Disorders Centre Clinic Opens in Spalding

The Lincolnshire-based Snoring Disorders Centre has opened a new clinic at Johnson Hospital in Spalding to enable sufferers of sleep apnoea from the surrounding communities easy access to a high quality treatment service.

The Snoring Disorders Centre is based at Pilgrim Hospital in Boston, and a high demand for the service has led founder and sleep specialist Michael Oko to set up the Spalding clinic:

“The East Midlands and East of England is currently under-served in this therapy area, and people were having to travel long distances for diagnosis and treatment in Boston. Now the people of South Lincolnshire and North Cambridgeshire have an easily accessible sleep service, and the clinic is also easier to reach for patients from further afield”, said Mr Oko.

“If you suspect that you or a relative may have sleep apnoea I strongly advise going to see your GP, who can refer you to a sleep clinic for diagnosis. You can also take this [simple test](#) to find out if you have a high probability of being a sufferer. Treatment is straightforward and effective, and achieving a good night’s sleep can transform the lives of sufferers and their partners.”

The Snoring Disorders Centre won an East Midlands Health and Social Care Award for Service Transformation in 2008. [More...](#)



Johnson hospital entrance

Michael Oko in the new clinic



Fully equipped new treatment room



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Brake Survey Adds to Pressure for Mandatory Sleep Apnoea Testing

The results of a new study of 1000 drivers by the road safety charity Brake and Cambridge Weight Plan shows that one in eight drivers have nodded off at the wheel. They also found that one in seven (13%) of drivers suffer from sleep apnoea.

Julie Townsend, Brake's campaigns director, said: "Tiredness at the wheel kills. Driving a vehicle is a huge responsibility that must be taken seriously. That means stopping when we feel drowsy and certainly never starting a journey tired. It's a matter of life and death.

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

We still have widespread misunderstanding of how to prevent driver tiredness, and ignorance about factors like sleep apnoea, a condition that can be treated. These messages still need to get through to the public, which is why we are calling for renewed

efforts from the Government to tackle this issue urgently."

Mr Oko said, «I have long been calling for companies to test their drivers for sleep apnoea as a matter of routine. The test is simple and effective, and treatment is free on the NHS so will cost companies nothing to resolve, and will saving lives. With the Corporate Manslaughter Act now in force companies can and will be held legally responsible for failing to protect their employees, so there is every reason for employers of commercial drivers to act on this now.» [Read more...](#)

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