

Michael Oko Appears on BBC1's Goodnight Britain Programme



Sleeping Disorders Centre founder and ENT consultant surgeon Michael Oko was featured on a BBC1 program called "Goodnight Britain" which was shown on November 29th at 9pm.

Presented by Sian Williams, Goodnight Britain tackled the nation's biggest sleep disorders, meeting and curing some of the UK's worst sleepers and exposing the extraordinary behaviour that lurks behind Britain's bedroom curtains. Good-

night Britain's sleep experts ventured into the bedrooms of five contributors tormented by a range of conditions, from parasomniacs who scream the house down and snorers whose trumpeting rattles the window-panes, to insomniacs who bake six hours a night.

One of the people featured on the programme was lorry driver Paul, whose loud and constant snoring was leaving him feeling tired in the daytime, as well as keeping his wife awake all night.

Diagnosing sleep apnoea due to Paul's frequent breath-holding while asleep the sleep doctors sent Paul to see Michael at his clinic at Johnson Hospital in Spalding, Lincs, for treatment. Paul was facing losing his job as a lorry driver due to his sleep apnoea. Michael fitted Paul with a Continuous Positive Airway Pressure (CPAP) mask, and is seen on the programme assessing the results of this treatment.

[View a video clip on YouTube](#)

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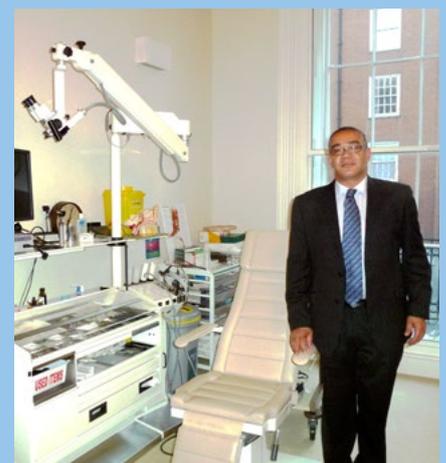
Michael Oko has established a Sleeping Disorders Centre clinic at London's most respected medical address to cater for private patients in need of diagnosis and treatment for sleep apnoea and other sleep disorders

Clinics on Fridays and Saturdays

Call 0203 0753 150 to arrange an appointment

Or book online at: www.150harleyst.com/michael-oko

ENT at 150, 150 Harley Street, London W1G 7LQ



War Veterans Four Times More Likely to Suffer From Sleep Apnoea

David Volpi, otolaryngology surgeon, writes in the Huffington Post that researchers are finding that US veterans are 5 times more likely to be diagnosed with sleep apnoea than the general population.

“According to the U.S. Department of Veterans Affairs (VA), one out of every five war veterans has been diagnosed with OSA — compared with only five out of 100 civilians in the general population. And between 2008 and 2010, the number of veterans who received medical benefits related to sleep apnea grew by 61 percent, from 39,145 cases in 2008 to 63,118 cases in 2010.

“These numbers beg the question: Why do war veterans suffer from sleep apnea more than non-war veterans and civilians? Some VA doctors believe that it is due to the high number of repeat deployments to Iraq and Afghanistan — soldiers are being exposed to higher levels of dust, smoke, stress and violence.”

But what is at the core of this connection between war, OSA and other related conditions, such as daytime sleepiness, memory loss, a decrease in work productivity, obesity, heart disease, diabetes, and hypertension? Researchers at the Wayne State University (WSU) School of Medicine are beginning to find out.



Write to Your MP About Sleep Apnoea!

The British Lung Foundation is running a campaign to raise awareness of sleep apnoea. In their 10-point OSA Charter, they call on governments across the UK to take action so that people with OSA and their families get the support and treatment they need.

You can help to make a difference! by completing this [online form](#) on the BLFs website, you can tell your elected representative why it is important to take action on OSA to bring about earlier and better rates of diagnosis, and to secure better care and treatment for all those with the condition.

Top 5 tips for getting a good night's sleep

1. Set a routine. If you've had a stressful day at work, you won't be able to drop off in an instant. You need to prepare yourself for bed by reading, going for a walk, playing some music – anything that will help wind you down.
2. Create a clutter free zone. Keep your bedroom clean and mess free so it's a oasis of calm and helps you to relax.
3. Don't go to bed too early. Your bedroom should ideally be for sleep alone, try to make a distinction between your day and where you sleep.
4. Avoid wall clocks. Clock watching when you're struggling to sleep will drive you mad. So keep tick-tocking clocks at bay.
5. Keep a notepad by your bed. Sometimes worrying about jobs you need to do keeps you up, so keep a pen and paper handy to jot any notes.

The research shows that:

“Those who left Iraq after the war began and suffered from mental disorders such as post-traumatic stress disorder (PTSD) and depression and self-rated their physical health as worse than their actual health were 43 times more likely

than pre-Gulf War immigrants to report OSA and later develop major chronic health issues, such as cardiovascular disease.”

This research was published in Psychosomatic Medicine in October 2012.