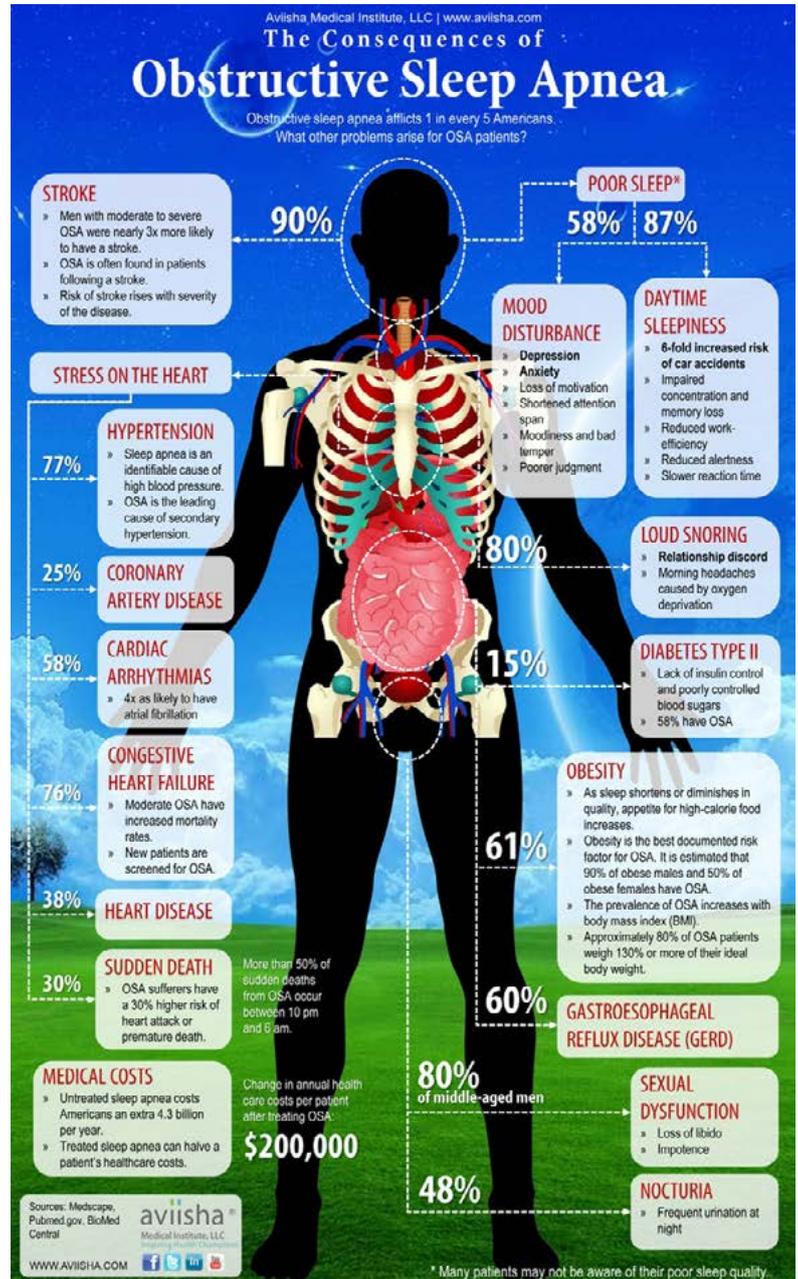


### 78% of Sleep Apnoea Sufferers Unaware of Condition

Philips Electronics have announced the results of an extensive new scientific study into sleep apnoea, conducted over the last two years by Philips in collaboration with University of Twente. The study, which surveyed 4,206 Philips employees in the Netherlands, revealed that 6.4% of them suffered from sleep apnoea. A striking finding was that 78% of the people surveyed who reported symptoms of sleep apnoea were entirely unaware that they were suffering from this sleep disorder.

Never before has research into sleep apnoea been conducted among such a large group of people. 29% of all Philips employees in the Netherlands took part in the study, comprising men and women of different ages and levels of education, with different types of job and different cultural backgrounds. Previous screening studies were based on considerably smaller populations. For example, an often cited study published in 1993 examined a group of 602 people. It was estimated in this study that 2% of women and 4% of men in the middle-aged work force suffer from sleep apnoea.

Piet-Heijn van Mechelen, Chair of Dutch patient organization ApneuVereniging and Project Leader for the survey, is pleased that the study has produced clear results. "Hundreds of thousands of people have symptoms but don't know what the problem is," he says. "This study provides valuable new insights into how often the condition occurs."



### Snore Centre @ 150 Harley Street

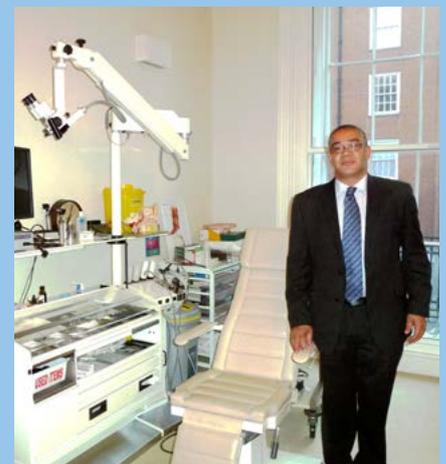
Michael Oko has established a Sleeping Disorders Centre clinic at London's most respected medical address to cater for private patients in need of diagnosis and treatment for sleep apnoea and other sleep disorders

Clinics on Fridays and Saturdays

Call 0203 0753 150 to arrange an appointment

Or book online at: [www.150harleyst.com/michael-oko](http://www.150harleyst.com/michael-oko)

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





### Bad Sleepers Eat More High Calorie Food

Lack of sleep can lead you to eat larger portions of high-calorie foods and increase your long-term risk of weight gain, according to a small new study.

Swedish researchers asked 16 normal-weight males to choose their ideal portions of high-calorie meals and snacks. They did this when they had a normal night of about eight hours sleep and again when they went a night without sleep.

The participants chose larger portion sizes after the night with no sleep. They did this both before and after a breakfast, which suggests that sleep deprivation increases food intake regardless of whether a person feels full, said study author Pleunie Hogenkamp, of Uppsala University.

“Bearing in mind that insufficient sleep is a growing problem in modern society, our results may explain why poor sleep habits can affect people’s risk to gain weight in the long run,” Hogenkamp said in a university news release.

The study was published online Feb. 18 in the journal Psychoneuroendocrinology. In a previous study, the same team of researchers found that young, normal-weight men who went a single night without sleep had increased activation of a brain region involved in the desire to eat.



### My speaking engagements

#### The Nose: Recent Key Developments for ENT Surgeons

11 April 2013 at The Courthouse Hotel,  
Great Marlborough Street, London

An event organised by my colleague Professor Ram Dhillon, and carrying an Accreditation of 3 hours CPD (ENT-UK). I will be speaking addressing the questions “Does the nose really have anything to do with snoring and sleep apnoea?”

Other topics include:

Allergic rhinitis: is there anything new?

Immunotherapy for ENT Surgeons. It’s not impossible to understand.

Facial pain: a bane for ENT Surgeons. What are we doing wrong?

For the future: Osteitis, Sinusitis: the modern theory for chronic sinusitis

Biofilms in the nose: do they explain anything?

Download the flyer and booking form: [ENT Nose Conference 11th Apr 2013](#)

#### 10th Middle East Update in Otolaryngology

21-23 April, Madinat Arena, Dubai, UAE

The 10th Middle East Update in Otolaryngology - Head and Neck Surgery is the largest meeting of Otolaryngologists in the Middle East. I am delighted to have been invited back to speak for a second time about sleep apnoea, in a region where awareness of the condition is very low, but incidence is on the rise. Find out more [here](#)

#### The International Hospital & Healthcare Management Conference

9th & 10th of May 2013 at Grand Resort, Limassol, Cyprus

This event comes at a difficult time for Cyprus, and I very much hope that some of the outcomes will be beneficial. I will be talking about how to set up efficient and successful sleep clinics such as the Sleeping Disorders Centre. The event provides a platform for discussing various strategies to improve cost efficiency in the hospital sector while, at the same time, improving the quality and safety of patient care.