

3 Out of 4 Respondents to Online Survey Have a High Risk of Sleep Apnoea

An online survey conducted by the Sleeping Disorders Centre has found that almost three quarters of respondents were at a high risk of suffering from sleep apnoea. Half of the 52 respondents were classified as obese (with a BMI over 35), a key indicator of risk, 69.2% said that they snored loudly, and 92.2% complained of feeling tired during the daytime. 55.8% of all respondents to the survey were men, who traditionally have a higher risk level than women, although recent evidence suggests this gap is closing.

Michael Oko said, "Almost all the survey respondents felt tired during the day, and must have suspected a sleeping disorder to have visited the site and completed the survey. I hope that more and more people will take this test and get help if they need it, as the survey shows; if you think you may have a sleeping disorder, the chances are that you do."

Visitors to the Sleeping Disorders Centre website were asked to complete the STOP-BANG questionnaire, a set of eight questions regarded as the most accurate means of indicating a person's level of risk of suffering from



Prof Ram Dhillon (l) and Michael Oko (r) of SDC speaking at "The Nose: Recent Key Developments for ENT Surgeons" held on 11 April in London

sleep apnoea from a self-conducted survey. Answering yes to three or more of the eight questions (measuring BMI, age, sex, neck size, snoring, fatigue,

blood pressure, and observed apnoeas) indicates a high risk and that the person should visit their GP or go to a sleep clinic for an assessment.

Snore Centre @ 150 Harley Street

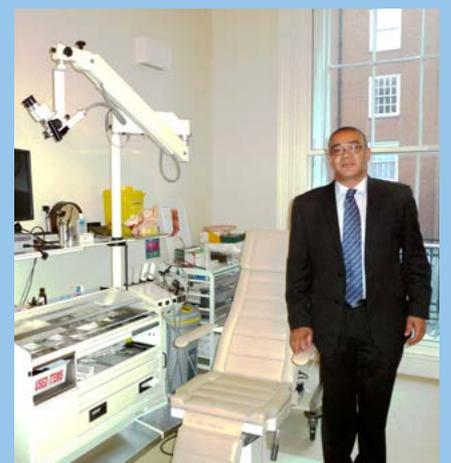
Michael Oko has established a Sleeping Disorders Centre clinic at London's most respected medical address to cater for private patients in need of diagnosis and treatment for sleep apnoea and other sleep disorders

Clinics on Fridays and Saturdays

Call 0203 0753 150 to arrange an appointment

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

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



Sleep Apnoea Sufferers Twice As Likely To Fail Driving Test

Drivers with the sleep disorder sleep apnoea are more likely to nod off at the wheel and fail simulated driving tests than motorists without the condition, new research finds. Scientists from the University Hospital in Leeds, England, conducted two studies involving sleep apnoea and driving performance.

In one study, they tested the driving ability of 133 patients with untreated sleep apnea and 89 people without the condition using a simulated driving test. As they navigated the roughly 56-mile course, the "drivers" were assessed on completion, time spent in the middle lane, unprovoked crashes and crashes caused by veering off the road.

Twice as many people with untreated sleep apnoea (24%) failed the driving test, compared to 12% of those who didn't have the condition. The researchers noted many of the sleep apnea patients couldn't complete the test. They also had more crashes and had difficulty following a clear set of directions given at the start of the test.

"Driving simulators can be a good way of checking the effects that a condition like sleep apnoea can have on driving ability," said the study's chief investigator, Dr Mark Elliott, in a news release from the European Lung Foundation.



Sleeping Disorders Centre in the News: AME Info 24/4/13

20% of road traffic accidents in the UAE are sleep-related

The 10th Middle East Update in Otolaryngology Conference & Exhibition was held at the Madinat Jumeirah Arena, Dubai, and UAE from 21-23 April. Dr Oko, Consultant ENT surgeon Michael Oko, UK government advisor on Obstructive Sleep Apnoea (OSA) and Founder of the Sleeping Disorders Centres spoke today at the conference offering solutions for obstructive sleep apnoea which is an ever increasing problem in the Arabian Gulf.

Sleeping Disorders Centres are comprised of a team of health-care professionals who specialize in different aspects that cause sleep disorders such as, pulmonologists, neurologists, psychologists, anaesthesiologists and otolaryngologists.

According to DrOko, "Because of a prolonged campaign about the condition and the better treatment options available after the Sleeping Disorders Centres were established in the UK, we have seen the rate of annual traffic fatalities in Lincolnshire fall from 79 to 39 within five years. At least any traffic accidents brought about by this condi-

tion can be minimised if more patients seek help. Studies show that up to 20% of road traffic accidents are sleep-related, so with over 1000 road deaths a year in UAE, and over 6300 in Saudi Arabia [2007 police data], a sleep apnoea testing and treatment programme could reduce fatalities significantly."

Obesity levels (the major risk factor for OSA) in the Gulf region are reaching those of the US and Europe. Hard data is scarce due to a lack of awareness of the condition and scarcity of treatment facilities in the region, however, a study conducted at King Khalid University and King Fahd National Guard primary health care clinics in Riyadh, between December 2005 and March 2006, found that a third of middle-aged Saudi males taking part showed symptoms of sleep apnoea.

Obstructive sleep apnea occurs when the muscles in the back of your throat relax. These muscles support the soft palate, the triangular piece of tissue hanging from the soft palate (uvula), the tonsils, the side walls of the throat and the tongue. [Read full article here...](#)

The International Hospital & Healthcare Management Conference

New date: 4th & 5th of July 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.