

TREATMENTS FOR SNORING & OBSTRUCTIVE SLEEP APNOEA

- **Weight reduction** (weight loss 'middle age spread', lose holiday weight gain);
- **Exercise program** (preferably during daylight hours) – promotes sound sleep & weight loss;
- **Improve sleep hygiene** (adequate time in bed: usually 8 hours of sleep, set the same wake-up time each morning, regularise shiftwork & mealtimes, etc);
- **Improve general health** (reduce or cease: smoking, caffeine & recreational drugs);
- **Reduce alcohol intake & sedatives** (sleeping or sedating tablets);
- **Sleep more upright** (more pillows, wedge under mattress, elevate head of bed);
- **Sleep on side:** sleep position modification device (pouch sewn into pyjamas with corks or tennis balls or marbles etc);
- **Reduce nasal stuffiness**, congestion & blockage, thereby improving airflow, reducing mouth gape & mouth breathing (includes cease smoking & nasal patency surgery):



- Anti-allergy Nasal Sprays: (Steroid: Nasonex, Rhinocort, Avamys, Beconase, Budamax;
Non-Steroid: Atrovent, Antihistamine: Azep, Vitamin E: Nozoil;
- Saline spray many times per day: FESS, Narium, etc;
- Nasosinus washout: 'FLO', NeilMed SinusRinse;
- Nasal passage dilators: "BreatheRight" external strips.



- **Chin stabiliser**
- **Tongue Stabiliser Device**



chin strap



chin rest cushion
'snoresstopper' www.snoringpillow.com.au

Mandibular advancement splints "MAS"

- 'Mouth guards' / 'oral appliance' fitted by specialist dentist.

Surgeries:

- Remove enlarged **tonsils**, **nasal patency** (septoplasty, turbinectomy, sinus), remove adenoids;
- Throat surgery: UPPP & variations of palate trimming (very painful!)
 - infrequent surgeries: 'Pillar' procedure, scarring of floppy palate, tongue base reduction;
- Jaw advancement by facial surgeon; either lower jaw and/or both jaws;
- Tracheostomy: hole in windpipe.



"CPAP" (Continuous Positive Airway Pressure)

- Nasal mask & pump;
- Easily rented for 1-2 months at low cost.