

# Regional Specialists Tamworth ENT Clinic

## Snoring and Sleep Apnoea

### CAUSE

- Snoring and obstructive sleep apnoea (OSA) are caused by repetitive complete or partial collapse of the upper airway during sleep
- Risk factors include older age, male gender, obesity and structural abnormalities. Other factors include smoking, family history and nasal congestion.
- Most patients with OSA complain of daytime sleepiness or their bed partner report loud snoring, gasping, choking or interruptions in breathing during sleep.

### MANAGEMENT

- Weight reduction
- Sleeping on the side
- Avoiding alcohol or sedative medications
- Mandibular advancement splint by a dentist
- Trial of nasal steroids such as **Nasonex**
- Continuous positive airway pressure devices (CPAP)
- Surgery such as septoplasty, adenotonsillectomy or UPPP may sometimes be appropriate