

SNORING – HELP IS AT HAND

RAPID DIAGNOSIS INFORMATION SET OUT BELOW

Children who snore:

GP ASSESSMENT - Trial of nose drops – Betnesol N 2 DROPS 2x DAILY for 1 week

Refer to ENT surgeon if no improvement – ADENOTONSILLECTOMY CURATIVE

Adult Snoring Severity by symptoms :

1. Noisy – but not troublesome – ie not troubling partner
2. Noisy - and troublesome – disturbing partner or those in vicinity
3. Noisy and damaging to your health (Obstructive sleep apnoea)

Symptoms that suggest Obstructive Sleep Apnoea:

***Awakes with dry mouth**

****Awakes feeling unrefreshed + tired during the day**

*****Male passing urine at night.**

Also: Poorly Controlled or Early onset Hypertension

Diagnosis: **STOP BANG SCORE** (93% sensitivity)

8 Simple Questions

1. Snore loudly – heard thru door?	Yes	No
2. Often tired, sleepy fatigued daytime?	Yes	No
3. Observed to stop breathing during sleep?	Yes	No
4. On treatment for High Blood Pressure?	Yes	No
5. BMI > 35 kg/m ² ?	Yes	No
6. Age over 50 years Old?	Yes	No
7. Neck Circumference > 40cm?	Yes	No
8. Gender Male?	Yes	No

Score > or equal to 3 = 93% sensitive for OSA

Management plan – all snorers/ OSA:

See GP - Full examination. Thyroid blood test. Weightloss plan



Mild, Nothing to suggest OSA

Nasal Steroid Spray x 1 month

No improvement

Refer ENT Surgeon

Sleep Apnoea Symptoms Or STOP BANG>3

Nasal Steroid + Immediate ENT
Surgeon referral

Sleep Study? - overnight in hospital test

Conservative or surgical options
discussed



Conservative options

1. Mandibular splint to keep jaw forward- prevents tongue falling back
2. CPAP – machine to puff extra air through mouth or nose at night. Works very well.

***If fails or not tolerated then
Surgical option***

Surgical option:

1. Septoplasty+ turbinate reduction: Improves nasal Breathing
2. Tonsillectomy : helps stiffen up floppiness of back of throat



Last Resort

Mouthguard / CPAP or specialised jaw surgery in certain conditions

Follow up Weightloss plan/ Nasal steroid – essential for longterm snoring control