

The Ear, Nose and Throat Clinic

Mr Giles Warner, Consultant ENT Surgeon

Snoring & Sleep Apnea

Snoring is a common condition affecting 40% of men over the age of 40. Not only can snoring cause problems for the patient, but often it represents a significant problem for the partner who can also suffer from sleep disturbance and thus poor performance at work as a consequence. The causes are multifactorial but snoring is often associated with weight gain and alcohol consumption. In addition nasal obstruction (of which there are many causes), a floppy or elongated soft palate (the area which hangs down at the back of the mouth), or an enlarged tongue base can all contribute. The management of snoring involves an initial assessment of risk factors and an endoscopic evaluation of the nose and throat. As well as life style changes, some patients may benefit from a new procedure called "radiofrequency coblation". This is a simple, non-invasive procedure that improves nasal airflow and stiffens the soft palate. It can be performed under local anesthetic and recent studies have shown excellent results.

Sleep apnea is snoring associated with obstruction of breathing. This can result in symptoms such as morning headaches, daytime tiredness as well as potential strain on the heart and lungs. Recent studies have shown a potential link with an increased risk of stroke. Investigation of this condition involves a "sleep study" which records the number and length of each obstructed episode while asleep and is used to plan treatment. This can be similar to the treatment used for simple snoring but may also involve CPAP (Continuous Positive Airway Pressure) ventilation which requires wearing a mask over the mouth at night that prevents collapse, and thus obstruction, of the airway.

Mr. Warner has a specialist interest in snoring. He has developed a snoring service at the Ear, Nose and Throat Clinic, which includes an initial evaluation and a comprehensive range of treatments including radiofrequency coblation, all at very competitive rates.