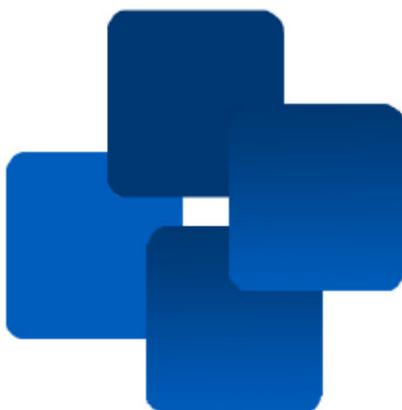


The Sleep Disorder Unit Patient Information



Most people have trouble with sleep at some point in their lives. Stress, too much caffeine and even some types of food can prevent a good night's sleep, although sometimes the cause can be more serious.

There are many types of sleep disorder, for example OSA (Obstructive Sleep Apnoea), Insomnia, Narcolepsy, Obesity, Hypoventilation, Shift worker disorder etc. Specialist advice and support is available for all types of sleep disorder.

The East and North Hertfordshire NHS Trust Sleep Disorder Unit

At the unit we provide:

- Home sleep studies
- Specialist opinion on sleep disorders
- Local treatment options such as Continuous Positive Airway Pressure (CPAP), Mandible Repositioning Device (MRD), Maxofacial / ENT surgery and dialectician advice.
- Experienced staff to support you through the service.
- A helpline to support yourselves and carers
- Patient information and education

The Sleep Unit team

There is an experienced team within the service consisting of dedicated physicians, specialist nurses, technicians and clinical support workers.

Pre-assessment clinic

You may have a number of tests performed including spirometry (breathing test), bloods taken, blood pressure check etc. You will also be asked to complete a number of questionnaires about your symptoms and lifestyle. You will then be given a sleep machine to wear overnight and bring back the next morning. Patients will also be offered advice and information about how to stop smoking, weight control, driving restrictions and sleep hygiene.

Your results will be discussed in the weekly team meeting, and a diagnosis and action plan will be developed. This will then be discussed with you at your consultation appointment or by telephone if more urgency is required.

Home sleep studies

The nurse will allocate your home study equipment according to your clinical need.

Sleep oximetry

This is a small device which attaches to the wrist and has one finger probe. This will measure the oxygen levels in your blood and pulse rate throughout the night.



Treatment options

CPAP

CPAP uses a soft mask attached to a machine which blows air through your air passage to stop it collapsing during the night. The Sleep Unit will provide you with a CPAP machine, regular follow up and a maintenance and replacement service for CPAP units and masks kits.



Multi channel sleep study

This is a more complex machine requiring you to wear 5/6 leads. This includes belts round the stomach and chest, finger probe, leg probe and airway/snoring sensor.



MRD

The MRD is an oral device which keeps your lower jaw in a forward position during sleep which widens the upper airway reducing an obstruction. The Maxofacial team would assess and be responsible for fitting of a MRD. This device can have great outcomes for people with mild to moderate OSA.



Weight loss & control

70% of OSA patients will be obese and 70% type II diabetics will have OSA. If you are having problems with your weight, a referral to a dietician can be made.

Sleep Hygiene Advice

You will be given an advice sheet on techniques to promote a good night's sleep.

Drug treatment

A number of conditions such as insomnia, narcolepsy and restless leg syndrome (RLS) can be treated with medications. Treatment will depend on clinical need.

Surgical referral

In a small number of cases, a surgical review may be required. Depending on need, you may be referred to the ENT team at the Lister hospital or to the bariatric team at Luton.

Telephone helpline

The sleep unit offers a telephone helpline 9.00am to 5.00pm, Monday to Friday plus a 24hr answer phone. You can contact experienced staff regarding equipment issues, sleep management or referral queries etc. **01438 284898**



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