

## Welcome to the twelfth edition of the Sleep Newsletter!

In this edition, you can find a few important updates, as well as information that we already included in the other editions. We hope you find it useful! You can find all the editions of the Sleep Newsletter online in the East & North Hertfordshire NHS Trust webpage on:

<http://www.enherts-tr.nhs.uk/patients-visitors/our-services/sleep-disorder-unit/respiratory-and-sleep-units-newsletter/>

Several copies of the latest edition will also be available in the Sleep Unit waiting area.



## Meet the Sleep Team



**Claire Wotton**  
Lead Respiratory & Sleep CNS



**Dr Alison McMillan**  
Sleep and Respiratory



**Dr Katie Chong**  
Sleep and Respiratory Consultant



**Julie Bailey**  
Lead Nurse and Respiratory/Sleep Team PA



**Marta Vilaca**  
Chief Respiratory & Sleep Physiologist



**Ana Gaspar**  
Senior Respiratory & Sleep Physiologist



**Jack Ridler**  
Senior Respiratory & Sleep Physiologist



**Priya Nair**  
Senior Respiratory & Sleep Physiologist



**Joel Patasin**  
Sleep and CPAP Technician



**Ellen Byers**  
Sleep Admin Assistant



**Donna Cresswell**  
PA to Dr McMillan



**Sharon Butler**  
PA to Dr Chong

**We are in the process of adding new members to our Team, so watch this space!**

## The Respiratory & Sleep Unit contact details

**Address:** Lister Hospital, Coreys Mill Lane  
Stevenage, SG1 4AB

**Tel:** 01438 284898

**Email:** [sleepdisorderunit.enh-tr@nhs.net](mailto:sleepdisorderunit.enh-tr@nhs.net)

**We are open from 8:30 to 16:30 Monday to Friday (excl. Bank Holidays)**

If your call is not answered straight away, please leave a message and we will phone you back as soon as possible. We aim to return all the calls within the same day, if the messages are left **before 16:00.**

## Sleep Charity Fund

We are very pleased to say that we continue to have several donations made into our Sleep Fund. **We would like to say a big thank you to all of you for your generosity!**

If you want to contribute by donating any books or magazines you no longer want, please feel free to drop them off at the Sleep Unit so they can go in our waiting area. **Any contribution is very much appreciated!**

**Thank you**

## Sleep Diagnostic and CPAP clinics at Hertford County Hospital

We have been running a Sleep Diagnostic clinic on Wednesdays all day and a CPAP follow-up / annual clinic on Thursday mornings at Hertford County Hospital, with great uptake from patients.

**If you are due an appointment in the CPAP clinic at Lister and wish to be seen at Hertford County instead, please contact the Sleep Helpline on 01438284898 to check for availability.**

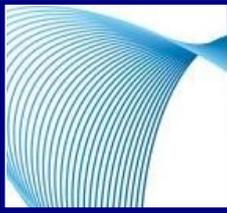
## Sleep Apnoea Trust Association



Please consider joining the SATA if you haven't already. You can find more details on:

[www.sleep-apnoea-trust.org](http://www.sleep-apnoea-trust.org)

**Don't forget to book into the next SATADay - check their website for details!**



## The Sleep Support Group

The 2020 sessions will aim to be more interactive, so please do come along and participate! They will be held in the Sleep unit at Lister Hospital and the dates and themes for 2020 are:

**Thursday 6th February 2020 - "Health Check"**

**Thursday 18th June 2020 - "Nutrition and Exercise"**

**Thursday 15th October 2020 - "Mindfulness and Wellbeing"**

If you are driving and need parking, please contact the Sleep Helpline on 01438 284898 so we can provide information about the alternatives. **There is free parking available but we will need to tell you the exact location and provide a parking voucher, which you will need to display.**

The meetings will take place between **17:00 and 18:45** and you can drop in anytime (no need to stay for the whole meeting if you're not able to). The majority of the Sleep Team will be there, and as usual there will be a stand supported by ResMed with their latest products. They are more than happy to help with any queries and will also generously sponsor the tea, coffee and snacks that will be available.

**Please note that we will not be able to download data cards or look at machines during this session** - you need to book an appointment in the Sleep Unit if you are struggling in any way with the treatment. However, please feel free to enquire at the Support Group if you are not sure whether we can help immediately.

**We would still like the patients to take over the Support Group, so please do speak to a member of the Sleep Team if you are interested!**



As we mentioned in previous editions of the Sleep Newsletter, we have participated in the MERGE trial, which looked into the use of CPAP treatment in mild cases of sleep apnoea. We are pleased to say that the results are out and proved quite insightful into future treatment standards for sleep apnoea. Here's a summary of the Press Release by Imperial College London:

### **Face mask can help combat mild cases of sleep condition**

A night time face mask can improve energy levels and vitality in people who suffer from sleep apnoea, which is associated with snoring and breathing problems at night. This is the finding from a new study of over 300 patients, published in the journal *The Lancet Respiratory Medicine*, led by Imperial College London.

The research, conducted at 11 NHS sleep centres across the UK, is one of the first to investigate the use of the treatment for mild cases of sleep apnoea. CPAP treatment is currently only recommended for people whose sleep apnoea is moderate to severe, and although previous trials have found CPAP to improve symptoms of moderate to severe cases of the condition, this is the first large trial to find that mild cases of sleep apnoea can also be treated with this technology.

Professor Mary Morrell, lead author from the National Heart and Lung Institute at Imperial and honorary researcher from the Royal Brompton Hospital, said: "Around 60 per cent of all cases of sleep apnoea are classed as mild, but until now we didn't know whether a CPAP would be helpful to these patients."

In the study, 115 patients were asked to use the CPAP for 3 months, while 118 received standard care for mild sleep apnoea which includes advice on improving sleep and avoiding anything that can exacerbate the condition (such as alcohol and/or caffeine before bed, etc.). The research revealed those who used CPAP had an improvement of 10 points on a so-called vitality scale (which assesses a range of factors such as sleep quality, energy levels and daytime sleepiness), compared to those who received standard care. The researchers also saw improvements in a number of additional factors among the patients who used the CPAP, including fatigue, depression, and social and emotional functioning.

Dr Julia Kelly, first author of the paper, said: "Currently the NHS doesn't routinely offer CPAP machines to cases of mild sleep apnoea, but our research suggests this treatment should now be considered."

The research was funded by ResMed, who manufacture CPAP machines, but the funder had no involvement in the trial methods or data analysis.