

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 Consultant



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



Aimee Eveleigh
PA to Dr Chong

The Respiratory & Sleep Unit contact details

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

Tel: 01438 284898

Email: sleepdisorderunit.enh-tr@nhs.net

We are open from 8:30am to 4:30pm 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 4:00pm.**

Weight loss resources

It is still possible to have access to a free 12 - week trial with either **Slimming World** or **Weight Watchers** through the Sleep Unit. This trial is available for patients who have a BMI over 30 and are committed to losing weight.

Please contact the Sleep team for details and information or referral packs.

New Sleep Diagnostic and CPAP clinics at Hertford County Hospital

We are pleased to say we now run a Sleep Diagnostic clinic on Wednesdays all day and a CPAP follow-up / annual clinic on Thursday mornings at Hertford County Hospital. The CPAP clinics will only be available on the last Thursday of each month until September 2019, and from thereon they will be available every week.

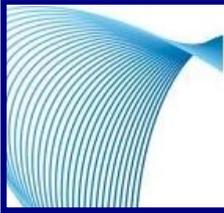
If you are due an appointment in the CPAP clinic at Lister and wish to be seen at Hertford County instead, please contact the Sleep Helpline on 01438284898 to check for availability.

Sleep 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! If you have any questions about how to donate directly into the Sleep Fund, please contact the Sleep Unit via phone or email and we will give you all the details.**

Thank you.



The Sleep Support Group

The dates and themes for the Sleep Support Group for 2019 are:

Tuesday 12th February 2019 - Exercise and weight loss

Tuesday 11th June 2019 - Diabetes

Tuesday 8th October 2019 - Mental Health and Wellbeing

The Sleep Support Group will be held in the Sleep Unit at Lister Hospital

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.**

We will keep the same structure of the previous meetings, so they will take place between **5:00pm and 6:45pm 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.

As usual, we will aim to do a short presentation focused on each theme, although it is not guaranteed we will have the resources available for this on every session. The presentations start around 5:45pm to allow time for discussion.

We will also include the information above on every appointment letter that we send to our patients and it will be available online in the East & North Hertfordshire NHS Trust webpage by following the link:

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

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

Sleep Apnoea Association Trust



Please consider joining the SATA if you haven't already. You can find more details on:
www.sleep-apnoea-trust.org

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



The Sleep Unit is participating in a clinical trial run by Resmed called **MERGE** - "Assessment of the effect of Positive Airway Pressure on energy and vitality in mild Obstructive Sleep Apnoea patients". The purpose of the trial is to understand the effects of Continuous Positive Airway Pressure (CPAP) on mild obstructive sleep apnoea (OSA), by comparing CPAP treatment to routine care (sleep hygiene counselling) to see which treatment is more useful.

We did really well in terms of recruiting patients for this study, and the recruitment stage is about to finish, therefore the results should be released on the second half of 2019. As soon as the results are out, we will update you!