

## TREATMENT OPTIONS IN OBSTRUCTIVE SLEEP APNOEA

Device	Pros	Cons	Cost
CPAP Machine	100 % effective if used correctly; automatically monitors if one is using it correctly. This is the only treatment that is effective in all degrees of sleep apnoea. Stops snoring on the day you start treatment. Other symptoms improve in days-weeks.	Need to use a mask with tube and machine, cosmetically not great. You have to carry the equipment with you on holidays etc. Sometimes causes side effects.	~ 700-800/-
Mandibular Advancement Device	Useful for snoring and mild to moderate degrees of sleep apnoea. Not recommended for severe OSA. Effective, but not as predictable as CPAP.; difficult to monitor usage.	Needs to be made by a specialist; has to wear the device in the mouth during sleep; cosmetically not great; To my knowledge, there are not many specialist providers in South Wales; to see an accredited specialist you may need to go to London or other place.	Varies greatly – over the counter equipment costs as little as ~50/-; custom made device can cost up to £ 800-1000/-
Night balance (positioning device)	Useful only in patients with supine Positional Sleep Apnoea. Cosmetically great; easy to carry	May not work as well as CPAP if sleep apnoea is present when sleeping in other positions as well.	Cost is less than the above, but availability in the UK is not certain; check with Philips Respironics.
Rematee positioning vest	Useful only in patients with supine Positional Sleep Apnoea.	May not work as well as CPAP if sleep apnoea is present when sleeping in other positions as well.	Relatively cheap - < £ 50/-
ExciteOSA (equipment for electrical stimulation of lounge base)	<b>This is the only daytime treatment for snoring and mild sleep apnoea.</b> Not useful for moderate and severe degrees of sleep apnoea; Effective in some 2/3 of patients with snoring and mild sleep apnoea.	New equipment to the market; in use in the USA for about 2 years. Not approved by NICE. Does not need a prescription;	~ £ 500/-
Surgical options	Not suitable for the majority of patients. Invasive procedure; irreversible.	In selected cases, this will help avoid the need for using devices such as CPAP therapy.	Variable.
Hypoglossal Nerve Stimulator	Suitable only in a small proportion of patients. Avoids the use of CPAP and other devices.	Limited availability in the UK.	Very expensive.