

THE EPWORTH SLEEPINESS SCALE – measures how sleepy you are

Sleepiness is the main disabling symptom of OSA

In recent days how likely are you to doze off or fall asleep?

Score yourself for each of the six situations below, use the following scoring system:

- 0 = Would never doze
- 1 = Slight chance of dozing
- 2 = Moderate chance of dozing
- 3 = High chance of dozing

| Situation | Score |
|---|-------|
| Sitting and reading | |
| Watching television | |
| Sitting inactive in a public place, e.g. theatre or meeting | |
| As a passenger in a car for an hour without a break | |
| Lying down in the afternoon, when circumstances permit | |
| Sitting and talking to someone | |
| Sitting quietly after lunch without alcohol | |
| In a car, while stopped for a few minutes in traffic | |
| TOTAL | |

If your score is 10 or over, then you may have a sleep disorder!

You should take this leaflet to your GP and ask whether or not you need a referral to a Sleep Clinic

SATA & SASA's Freephone Help Line

0800 025 3500

Sleep Apnoea Trust Association

www.sleep-apnoea-trust.org

Scottish Association for Sleep Apnoea

www.scottishsleepapnoea.co.uk

GP Guidance

British Thoracic Society:

<https://www.brit-thoracic.org.uk/document-library/about-bts/documents/position-statement-on-driving-and-obstructive-sleep-apnoea/>

<https://www.brit-thoracic.org.uk/document-library/clinical-information/sleep-apnoea/impress-service-specification-for-investigation-and-treatment-of-osas/>

NICE:

<http://www.nice.org.uk/guidance/ta139/chapter/1-guidance/>
<http://cks.nice.org.uk/obstructive-sleep-apnoea-syndrome#!scenario/>

British Lung Foundation:

https://www.blf.org.uk/sites/default/files/OSA_Toolkit_2015_BLF_0.pdf
<https://www.blf.org.uk/sites/default/files/OHE-OSA-health-economics-report---FINAL---v2.pdf>

Other:

Increased Prevalence of Sleep-Disordered Breathing in Adults
Paul E. Peppard et al American Journal of Epidemiology, Volume 177, Issue 9, 1 May 2013, Pages 1006–1014, <https://doi.org/10.1093/aje/kws342>

All the information in this leaflet has been published and cross referenced to authoritative sources.

The health risk and cost figures refer to moderate to severe forms of the disorder.

For a list email info@sleep-apnoea-trust.org

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Undiagnosed Obstructive Sleep Apnoea (OSA) Kills

*Undiagnosed OSA =
A Driver 10 Times More Likely
To Have A Road Traffic Accident*

*Undiagnosed OSA =
A Person Whose Life Expectancy
Will Be Reduced By Up To 20%*

*Undiagnosed OSA =
£28m A Year
Cost To The NHS*

GPs Hold The Key To Increasing Diagnosis Levels

ABOUT OSA

- ❖ It is commonly associated with heavy snoring.
- ❖ It is estimated that 13% of adult men and 6% of adult women in the UK have OSA.
- ❖ That is 3.9 million people!
- ❖ Many will have moderate to severe OSA which can be a serious threat to health.
- ❖ Undiagnosed it can lead to excessive tiredness, stroke, high blood pressure, heart attack, diabetes, depression and extreme mood swings.
- ❖ So far only 700,000 have been diagnosed and treated with CPAP.
- ❖ Diagnosis and treatment of all sufferers would save the NHS £28 million a year and reduce RTAs by 40,000 a year.
- ❖ Forthcoming EU legislation on Driving Licences will increase the importance of diagnosing and monitoring OSAS treatment compliance.

GPs hold the key to increasing referrals to sleep clinics by raising awareness amongst their practice colleagues and their patients.

HOW?

- ❖ Refer to the websites listed in this leaflet and make use of the resources offered.
- ❖ Download and print Epworth Sleepiness Scale forms for patients to fill in while in the waiting room.
- ❖ Contact the local radio station and get interviewed on how serious OSA is.
N.B. This will be very important with the rule changes for driving and OSAS that can occur.
- ❖ Liaise with the local hospital Sleep Clinic and organise prospective patient awareness evenings.
- ❖ Utilise the free leaflets available from various charities and display visibly in patients waiting areas.

Screening tool for OSA: STOP-Bang

| | | |
|----------|---|-----|
| S | Does the patient snore loudly (louder than talking or loud enough to be heard through closed doors)? | Y/N |
| T | Does the patient often feel tired , fatigued, or sleepy during the day? | Y/N |
| O | Has anyone observed the patient stop breathing during their sleep? | Y/N |
| P | Does the patient have, or is the patient being treated for, high blood pressure ? | Y/N |
| B | Does the patient have BMI of more than 35? | Y/N |
| a | Age. Is the patient older than 50? | Y/N |
| n | Is the patient's neck circumference greater than 40cm? | Y/N |
| g | Gender. Is the patient male? | Y/N |

Scoring: **OSA - Low Risk** : Yes to 0–2 questions
OSA - Intermediate Risk : Yes to 3–4 questions
OSA - High Risk : Yes to 5–8 questions