

If you snore or feel sleepy during the day we may be able to help....

We want you to view healthcare differently.

We're here to help you get a good night's sleep.

We may have the answer to your sleep problems. At 3fivetwo we have developed a clinic where specialists in the field of snoring and sleep apnoea can diagnose and offer you a tailored management programme.

Snoring, as well as being socially embarrassing, is a major cause of marital disharmony and can even lead to the breakdown of relationships. Many individuals are unaware of their snoring and it may be that the person suffering as a result, would benefit as much as you from advice and treatment!

Rather than being just an annoying habit snoring can actually be the manifestation of an underlying condition that can lead to short and long term medical problems.

One of the more serious underlying conditions is sleep apnoea. This is where the snorer actually stops breathing for short periods of time – this could be up to 10 seconds. When this happens the level of carbon dioxide in the blood rises and the brain, having detected this, wakes the sleeper to take a breath. This causes sleep deprivation which in itself can be dangerous, but may also be associated with, high blood pressure, irregular heartbeat, heart attack and stroke.

Sleep apnoea may be manifested by marked daytime drowsiness. Many individuals lose so much sleep, that their lack of alertness poses a serious hazard. Studies have shown that people who have sleep apnoea are at high risk of road traffic and work related accidents.

It is believed that between 2% & 4% of the population suffers from some degree of sleep apnoea.

Effective management is available in the majority of cases, but as there are many causes of snoring it is important to arrive at an individual diagnosis before commencing any treatment.

If you believe you have a problem with snoring or are having sleep related problems, a consultation at 3fivetwo may be able to help.



30 - 50% of all middle aged adults snore.

The following 5 things are most likely to make you snore:

Being overweight

Excess weight will make you more likely to snore and reduce the effectiveness of any treatments.

Gender

Men are three times more likely to snore than women, but of course women are also affected.

Drinking alcohol

Alcohol causes relaxation of the throat at night and can worsen any snoring symptoms.

Smoking

Smoking causes narrowing of the airways, including the nasal passages, and obstructs the normal flow of air when breathing. If you smoke or are constantly exposed to environmental smoke (passive smoking) you are more likely to be a chronic snorer. You should consider giving up smoking and be aware that managed smoking cessation does not result in weight gain.

Getting older

Snoring becomes more frequent and severe as we get older.

Our Tailored Diagnostic Service:

Consultation

Pre consultation questionnaire analysis.
Calculation of body mass index.
Full nose and throat examination from an ENT specialist.
Flexible endoscopy of the nose & throat.

Overnight Tests

Sleep study or Extended sleep study to screen for reduced blood oxygen and sleep apnoea.

Follow up Consultation

Development of individual management plan for your problem.

Our Range Of Treatment Options:

- Expert assistance with weight reduction and lifestyle management
- Dental anti snoring devices custom fitted by a consultant maxillo facial surgeon
- Nasal or throat surgery, in selected cases, carried out by a consultant ENT surgeon
- Provision of devices to manage sleep apnoea from a specialist respiratory team.

How can we help your sleep problem?

For a private consultation please contact 3fivetwo Healthcare at :
(028) 90 664 352
www.3fivetwo.com

Across all three of our clinics you will encounter the same open, understanding and knowledgeable service.

Service Overview



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