



Health and Wellbeing:

# SNORING & SLEEP APNOEA CLINIC

**3fivetwo**<sup>™</sup>  
HEALTHCARE

Snoring & Sleep Apnoea Clinic

Snoring can be socially embarrassing and is often a major cause of relationship disharmony. More seriously, it can be a sign of underlying health problems.

Our snoring and sleep apnoea clinic can offer you a tailored management programme.

Our tailored diagnostic services include:

- Consultation with a doctor
- Epworth sleep questionnaire analysis
- Calculation of body mass index (BMI)
- Physical examination of the ear, nose and throat
- Overnight sleep study to screen for sleep apnoea
- Development of individual management plan

Other available tests include limited sleep study, PSG and sleep deprived EEG.

Treatment options may include:

- Custom fitted dental anti-snoring devices
- 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 (CPAP)
- Assistance with weight loss and lifestyle management with dietician

For further information or to arrange an appointment, call our Dedicated Private Patient Line:

0845 6006 352

info@3fivetwo.com  
www.3fivetwo.com

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