

# SNORING

## EXCEPTIONAL FUNDING REQUIRED

### Treatments for snoring are not normally funded

This policy statement refers to simple snoring i.e. patients who snore but do not experience apnoea or hypopnoea episodes.

Surgical intervention for simple snoring including radiofrequency ablation or laser treatment of the soft palate and soft palate implants are treatments not normally funded by the CCG.

Patients complaining of simple snoring should be assessed on the Epworth Sleepiness Scale and where appropriate counselled without referral to secondary care. Advice should be given on the following lifestyle changes where appropriate:

- Weight reduction if above recommended BMI.
- To stop smoking (offer to refer the patient to local stop smoking service).
- Reduce or stop evening alcohol intake.
- Keeping the nose clear.
- Obtaining a mandibular advancement device to be worn at night. This device is not funded by the NHS.

Information on other anti-snoring devices available in pharmacies can be obtained from

NHS Choices <http://www.nhs.uk/Conditions/Snoring/Pages/Treatment.aspx>

Reference:	Policy Name	Review Date	Version
BSW-CP023	Snoring	March 2025	3