

Policy title	Snoring surgery in adults (in the absence of obstructive sleep apnoea) v1.1
Policy position	Intervention Not Normally Funded
Date of CCG Recommendation	October 2020

Snoring is a noise that occurs during sleep that can be caused by vibration of tissues of the throat and palate. It is very common and as many as one in four adults snore. As long as snoring is not complicated by periods of apnoea (temporarily stopping breathing) it is not usually harmful to health, but can be disruptive, especially to a person's partner.

There are a number of measures that can improve the symptom of snoring that patients can consider including:

- Weight loss
- Stopping smoking
- Reducing alcohol intake
- Medical treatment of nasal congestion (rhinitis)
- Mouth splints (mandibular advancement device, to move jaw forward when sleeping)

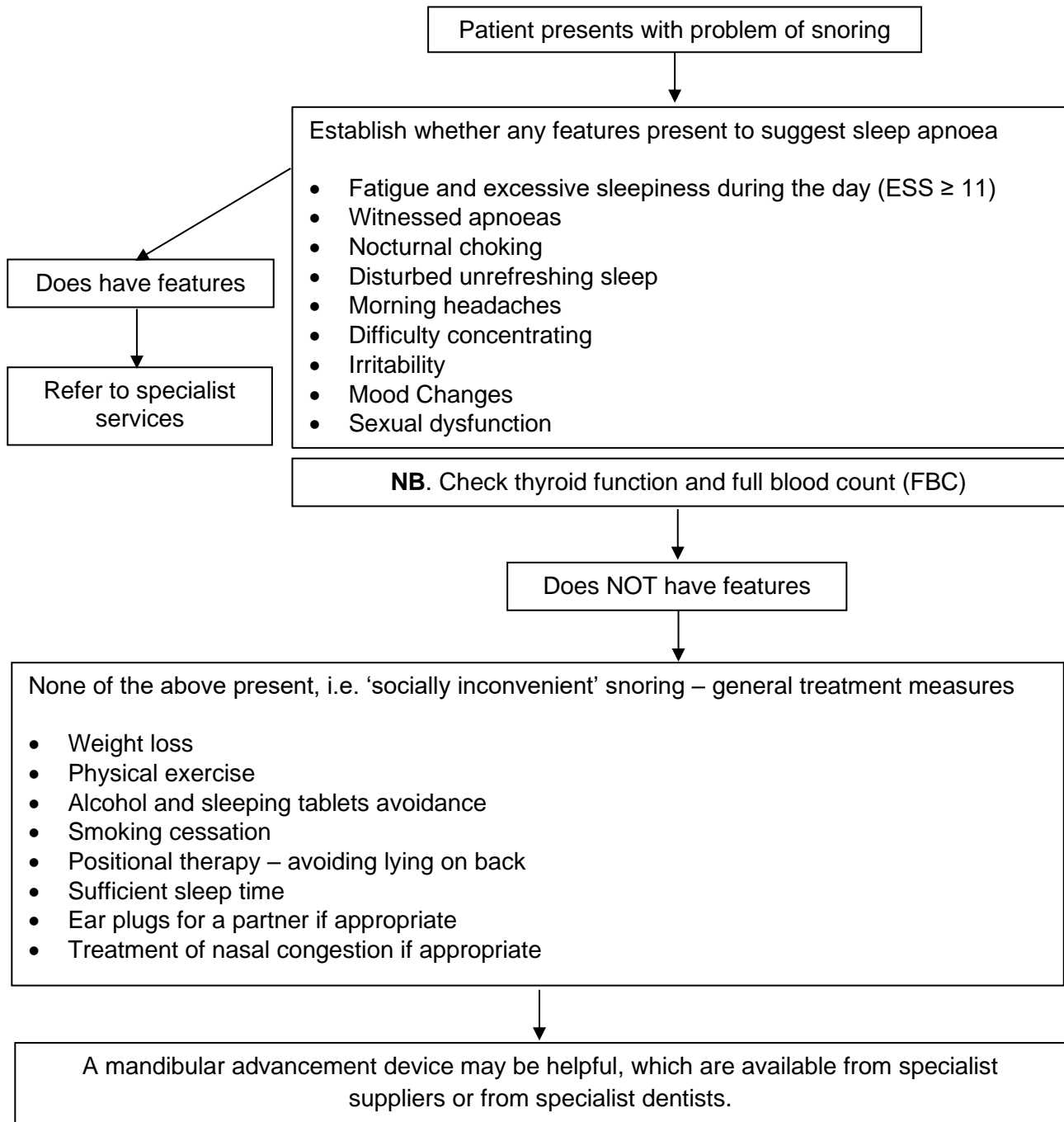
Due to limited clinical evidence of effectiveness, and the significant risks that patients could be exposed to, surgery for management of simple snoring is **not normally funded**.

This policy relates to surgical procedures in adults to remove, refashion or stiffen the tissues of the soft palate (uvulopalatopharyngoplasty, laser assisted uvulopalatoplasty and radiofrequency ablation of the palate) in an attempt to improve the symptom of snoring. Please note this guidance only relates to patients with snoring in the absence of diagnosed obstructive sleep apnoea.

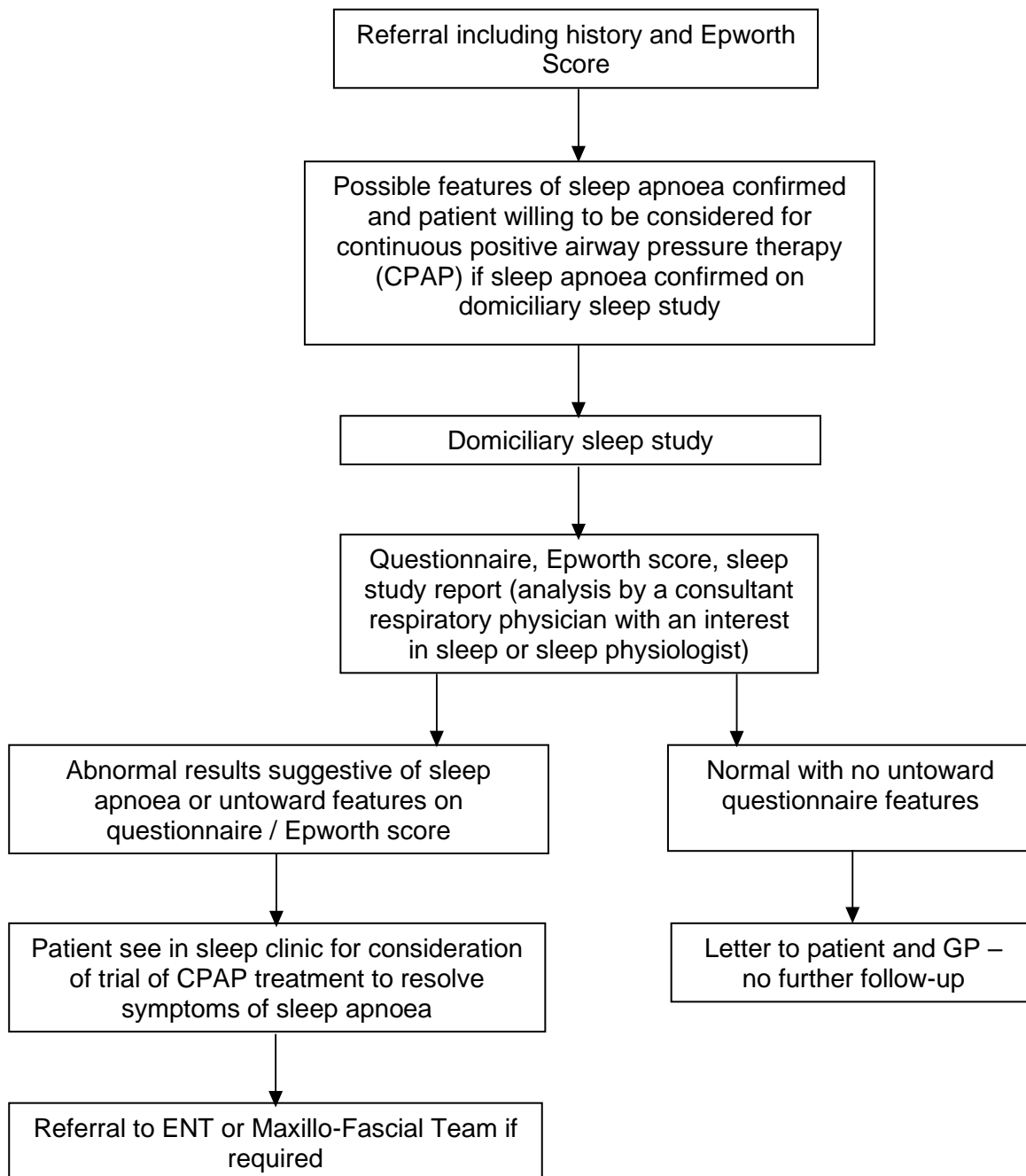
Patients with history of snoring and unexplained excessive daytime sleepiness assessed with Epworth Sleepiness Scale (ESS $\geq$ 11) should be referred to specialist services for further investigations.

This policy is based on the NHS England Evidence-Based Interventions: Guidance for CCGs programme recommendation (2019).

## MANAGEMENT WITHIN PRIMARY CARE



## **SPECIALIST SERVICES**



**NOTE:**

- This policy will be reviewed in the light of new evidence or new national guidance e.g. from NICE
- Where a patient does not meet the policy criteria or the intervention is not normally funded by the NHS, an application for clinical exceptionality can be considered via the ICB's Individual Funding Request (IFR) Policy and Process

**Clinical coding:**

Adult snoring surgery (not obstructive sleep apnoea G473)

F324 Operations on uvula NEC

F325 Uvulopalatopharyngoplasty

F326 Uvulopalatoplasty

F32.8 Other specified other operations on palate

Key words: Snoring, simple snoring, mouth splints, mandibular advancement device