

Sleep apnoea survey 2017



LDA Research
International Medical Market Insights

Survey of UK sleep apnoea patients 2017

The majority of patients are male

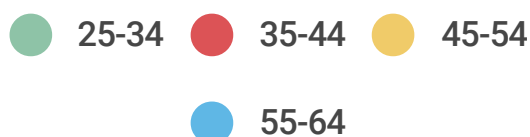


72% Male

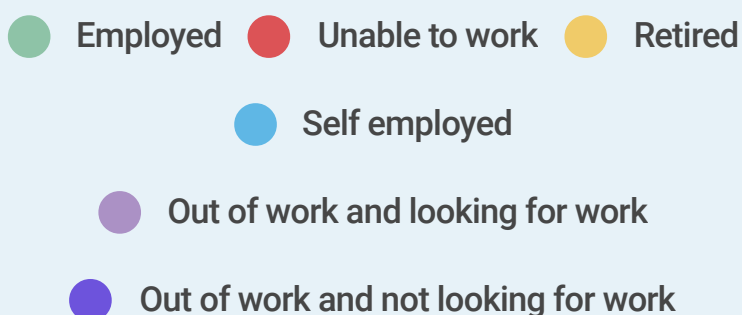


28% female

58 % of patients are aged between 45-54



Employment status

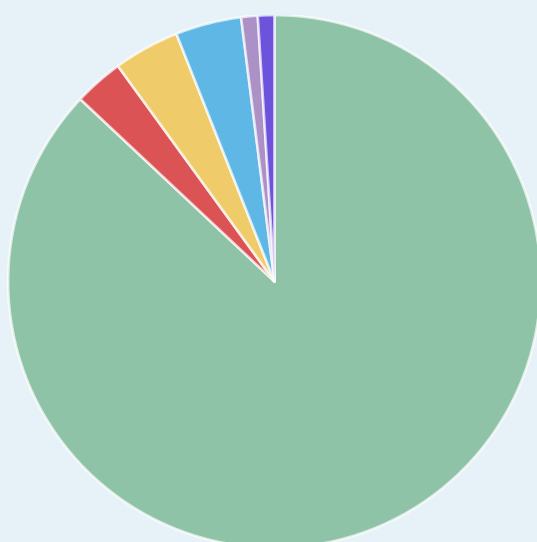
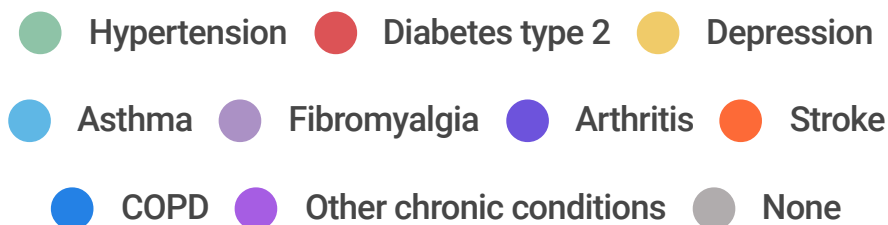
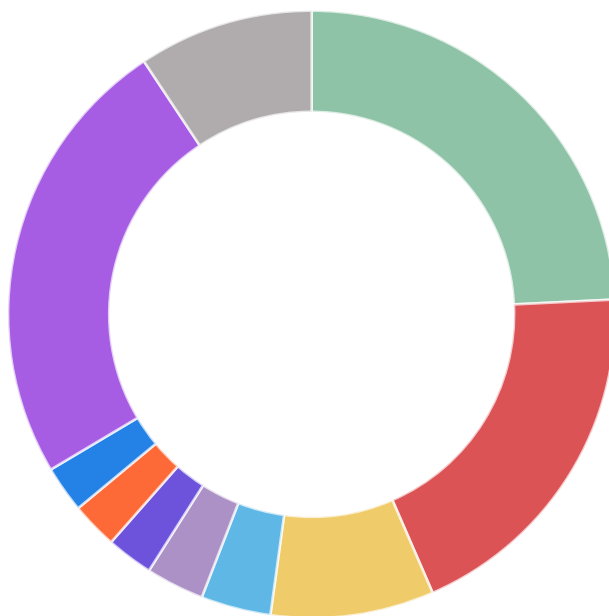


22% of sleep apnoea patients are unable to work

“ I want to know if I'll ever be able to work again? ”

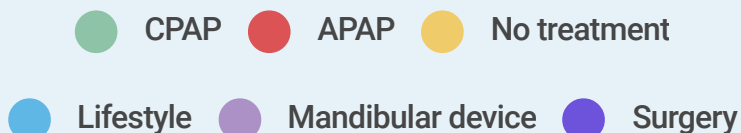
Survey of UK sleep apnoea patients 2017

Nearly all (85%) of sleep apnoea patients have co-morbidities. The most common are hypertension, type 2 diabetes and depression.



The most common treatment for sleep apnoea is CPAP (87%)

Only 4% of patients say that they have been advised to make lifestyle changes to treat their sleep apnoea





“ Help me, 9 masks later for CPAP and still no permanent fix. I want my life back. If I can pin down severe sleep apnoea then depression will be next ”

What message would you like to give to your doctor?

“ Find a better way than CPAP as when you move a lot in your sleep they slide off and make a dreadful noise ”

“ Design a more comfortable face mask/nasal attachment ”

“ To give more support in trying to help deal with living with sleep apnoea, more explanation about what's happening. ”

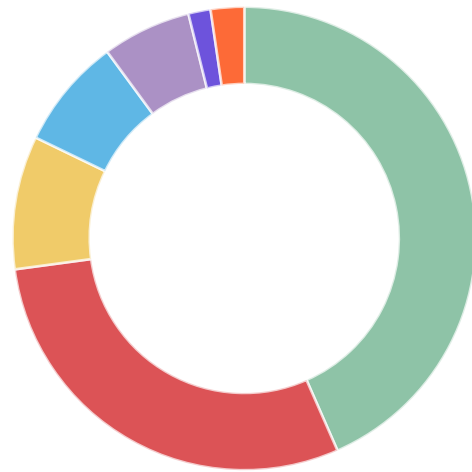
“ A mask is not viable in a physical relationship ”

“ Is there a smaller mask/ CPAP available? ”

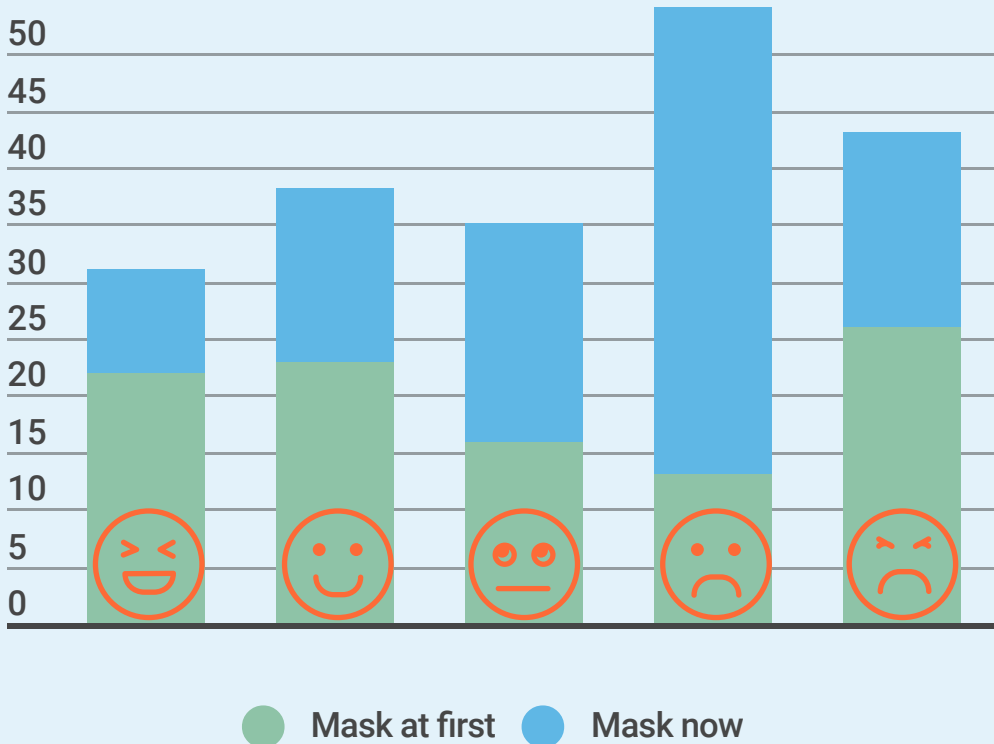
“ Also tackle the associated issues like weight and (the) psychological impact to the illness ”

Survey of UK sleep apnoea patients 2017

43% of patients have a full face mask. 30% have a nasal cushion



- Full face
- Nasal cushion
- Nasal pillow mask
- Total face mask
- Hybrid mask
- Oral mask
- Other



Almost half of all patients found their sleep mask easy to get used to, however, over half now find their mask very uncomfortable

What was the hardest aspect of getting used to your mask?

“ I've always slept on my stomach prior to the mask, changing my position was most difficult. A close second would be the seal issue. ”

“ The straps rub the back of my head and neck whilst moving during sleep. ”



“ Can't sleep wearing it. It puffs air & wakes me up so I lay there too frightened to go to sleep ”

“ Waking up from noise from the nose vent if its too close to the pillow plus getting wrapped up in hose ”

“ Claustrophobic, panic feelings, finding a comfortable position, sensation of air pump.

□hose”

What could be done to improve your mask?

“ Ways to stop skin getting sweaty, less rigidity ”

“ Cushioned more so that it doesn't leave marks and sores ”

“ Longer life of the plastic ”



“ Be able to lie at different angles so it doesn't leak ”

“ Strapping stretches out of shape, seal not always exact. ”

“ Make it less cumbersome. I can't sleep on my back so when I turn over the mask slips blowing air into my eyes etc. ”

Advice for manufacturers of sleep masks

“Design more comfortable soft cushioning for against the face”

“Make masks out of a different material that is unaffected by natural oils in the skin and fit comfortably without leaking”

“One size does not fit all”



“Talk to the users”

“Less use of hard plastics, maybe something silicone like that could move/mould to your face”

“Make a mask that does not leave marks on face.”

“Nasal pad made to suit individual nostrils the same way as hearing aid moulds are made to suit each persons ear”



What would a perfect mask be like?

“ Less straps. Small coverage on the face. A very soft comfortable fit and no trace of it when its not there ”

“ Smaller with softer plastic easier to get on and off ”

“ Full face mask made from a single piece soft material (like the material used to seal the mask onto the face). Also a more ergonomically fitting straps that do not cross the upper neck area to prevent rubbing ”

“ It would be very small with limited fittings around the head whilst staying in position over the mouth and nose with no leaking. ”

“ More contoured to the face ”

“ Able to wear glasses with it ”

“ Easy to assemble and take apart and more flexible tube ”



Thank you

for more information contact:

LDA Research Ltd

Enterprise House, Building 52

Wrest Park, Silsoe,

Bedfordshire

MK45 4HS

Info@ldaresearch.co.uk

www.ldaresearch.co.uk