



Dearadh agus Nuálaíocht Chliniciúil; Oifig an Príohifigeach Cliniciúil
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11th April 2022

Deputy O'Callaghan, TD
Dáil Éireann
Leinster House
Kildare Street
Dublin 2

RE: PQ 16399/22

To ask the Minister for Health his strategy to create a national clinical sleep disorders strategy.

Dear Deputy O'Callaghan,

The Health Service Executive (HSE) has been requested to reply directly to you in relation to the above parliamentary question, which you submitted to the Minister for Health for response.

Sleep disordered breathing includes a range of conditions which result in abnormal breathing during sleep. The disordered breathing ranges from intermittent, partial obstruction of the airway without sleep disturbance (snoring) to frequent apnoeas associated with repetitive hypoxaemia and arousals leading to sleep disruption and daytime sleepiness ¹.

Treatment for obstructive sleep apnoea (OSA) may include making lifestyle changes and using breathing apparatus while you sleep. Further information on the treatment of OSA is openly available and accessible on HSE website at the following location:

<https://www2.hse.ie/conditions/obstructive-sleep-apnoea/treatment/>

I trust this information is of assistance to you, but should you have any further queries please do not hesitate to contact me.

Yours sincerely

Anne Horgan
General Manager

References

1. Gibson G.J., Loddenkemper R., Lundbäck B., Sibille Y. (2013) The European Lung white book; Respiratory Health and Disease in Europe. ERS Journals, Chapter 23, Sleep breathing disorders <https://www.erswhitebook.org/chapters/Sleep-breathing-disorders>