Get Better Sleep with My Snore Clinic and iNAP in the UK

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With the current battle for Tory leadership raging and both remaining candidates promising to better fund the NHS it's interesting to look at how waiting lists have changed since before the pandemic. According to LCP Health Analytics NHS Waiting List Tracker, from February 2019 to February 2022, the average waiting time to be seen by an Ear, Nose and Throat consultant in England more than doubled, from 7 weeks to 15.7 weeks with the longest waiting times now approaching a year.

Faced with this problem personally, Peter Richardson, CEO of My Snore Clinic, set out to try to do something about this to help people suffering, as he does, with sleep disorders. With the help of Vik Veer, leading Ear, Nose and Throat Consultant for the Royal National Ear Nose and Throat hospital in London he set about creating a resource to help others like him.

"During the pandemic, I really struggled to get face to face doctor appointments and waiting lists were causing me great amounts of stress. Together with Vik I set up My Snore Clinic online so that other people like me could better understand their sleep issues".

"It's almost like an actual consultation that you can take yourself through."

At mysnoreclinic.co.uk people can take a series of tests to figure out if they suffer from conditions like Obstructive Sleep Apnoea and associated health risks. The STAMP test analyses Symptoms, Tiredness, Alertness, Mood and Psychological symptoms whereas the STOP BANG test assesses Snoring, Tiredness, Observed symptoms, blood Pressure, BMI, Age, Neck size and Gender.

There are also sections on the website that advise on how to get better sleep, studies and advice on different pieces of equipment that can help reduce snoring.

Vik shared his motivations for working with Peter. "I wanted to help create a resource to educate people and try to help them with their sleep issues. Poor sleep can lead to heart disease, stroke, accidents, diabetes, stress, pressure on relationships and in extreme conditions can lower life expectancy by up to 20 years based on the risk factors above."

"My Snore Clinic can help people understand their condition and be better prepared when they do end up having a face to face consultation with a doctor."

Mr Veer has also been trialling a new grade 2 medical device in his hospital called the iNAP as a treatment for Obstructive Sleep Apnoea (OSA) and has so far seen excellent results. He speaks about this and other sleep related issues on his free YouTube channel.

The iNAP works in the opposite way to the more traditional and clunky CPAP machines - instead of forcing air down the airway it creates a vacuum in the mouth which pulls the tongue forward so it doesn't block the airway. It is compact and portable and it can be worn in a body vest giving the user freedom of movement all night long. It also pairs with your phone to give detailed sleep analysis and chart the users progress.

Being small, lightweight and very quiet, many users also find their wider quality of life greatly improved. Not only have they moved back into the same room as their partners, it means holidays and work trips are possible again.

Given the success that Mr Veer has had in his hospital trials, the iNAP device is now available in the UK through www.mysnoreclinic.co.uk.

Media:













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“We’re thrilled to be able to bring this device to sufferers without a prescription.” Says Peter.

“Its early days for us but we’re already seeing an 85% success rate with iNAP where studies show that up to 50% of users of traditional therapies such as CPAP struggle and give up within a week.”

“When I began my journey with the clinic I had no idea quite how many people were sufferers like me. It feels good to help so many people afflicted by poor sleep, whether that’s merely to assist them to understand if they have a condition, to give them advice on getting quality sleep, to help find solutions for them or more importantly to reassure them that they’re not alone.”

www.mysnoreclinic.co.uk is a company based in Wilmslow, Cheshire that offers sleep advice, medical recommendations and is sole distributor of iNAP in the UK.

Vik Veer is available for comment by arrangement as is CEO Peter Richardson on +447802229229 peter@mysnoreclinic.co.uk

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