

Sleep matters

ASEAN SLEEP MEDICINE NEWSLETTER NEWS / OPINIONS / INSIGHTS

Philips opens Southeast Asia's first Sleep and Respiratory Education Center in Singapore

First-of-its-kind innovation facility to provide free training for the region's healthcare professionals

On 13 March, 2018 Royal Philips launched the Philips Sleep and Respiratory Education Center, Southeast Asia's first Sleep and Respiratory Education Center to train healthcare professionals across the region. The objective of the new center is to enable healthcare professionals to better diagnose and treat sleep disorders which often go underdiagnosed. The launch ceremony was well received by the media, attended by 16 journalists/photojournalists from 12 media outlets from Singapore, Malaysia, Thailand and the Philippines.

The opening ceremony of the Philips Sleep and Respiratory Education Center kicked off with a light-hearted skit zooming into the life of a young couple who struggles with their sleep due to excessive snoring of the husband. The skit led into the speech from Ivy Lai, Country Manager, Philips Singapore. Ivy's speech highlighted the current burden of sleep disorder in the world where more than 100 million people suffer from sleep apnea, but 80% remain undiagnosed. To meet the emerging demand for sleep medicine and diagnosis, Philips set up the new center to serve as a focal point to train regional and Singapore-based sleep specialists, sleep technicians and healthcare professionals.

Following Ivy's speech, Dr. Mok Yingjuan, Director, Public Education and Epidemiology, SingHealth Duke-NUS Sleep Center and Consultant, Respiratory and Critical Care Medicine, Changi General Hospital continued to highlight the burden of obstructive sleep apnea, and the potential impact to our quality of life caused by the condition. She also called out the importance of collaboration between different stakeholders, using Philips and Singhealth's partnership in providing integrated quality patient care, clinical



Left to Right: Dr. Han Hong Juan, Ms. Ivy Lai and Dr. Mok Yingjuan doing the opening of SRC Center

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education and research efforts, as well as to increase public awareness of OSA as an example of collaboration. After her speech, Ivy and Dr Han Hong Juan, Consultant Ear Nose Throat (ENT) surgeon, Medical Director of The ENT, Voice & Snoring Clinic joined her for a group photo and then proceeded to the ribbon cutting ceremony to officially open the new center.

The guests and the media then proceeded to the guided walk-through, where Dr Han gave an overview of sleep data interpretation, home sleep test, monitoring and consultation settings and various treatment options. The guided tour ended with detailed introduction of Philips Sleep and Respiratory solutions.



Left to Right: Ms. Ivy Lai, Dr. Duncan Tang and Dr. Mok Yingjuan interacting with each other



Ms. Ivy Lai addressing the media persons



Dr. Han Hong Juan addressing the media about procedures done in Sleep lab in SRC center



Dr. Han Hong Juan addressing the media on how the OSA patient is educated about CPAP therapy and mask fitting.



Dr. Mok Yingjuan addressing the media



Media being introduced to Home Sleep Testing Device



Dr. Han Hong Juan interacting with media on what is done during a sleep study in the hospital

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“In celebration of the World Sleep Day 2018, SingHealth Duke-NUS Sleep Centre organized a public forum and a General Practitioners (GP) forum on 17th March 2018.”

Interview with Dr. Toh Song Tar on World Sleep Day 2018 Celebrations in Singapore

The key message for forum participants is that one needs to have good sleep in order to have good health, hence our theme – Sleep For Health.

For the public forum, a wide spectrum of topics were covered to allow a deeper understanding of sleep disorders, treatment options and general sleep hygiene tips. The first topic “Understanding OSA and CPAP Treatment” by Dr Soh Rui Ya, from the Department of Internal Medicine of Sengkang General Hospital (SKH), aimed to provide an overview of the most common sleep disorder, Obstructive Sleep Apnea, along with the option of Continuous Airway Positive Pressure (CPAP) Treatment.

Dr Mimi Yow from the Department of Clinical – Orthodontics of National Dental Centre Singapore shared her expertise on “Oral Appliances for Snoring and Obstructive Sleep Apnea”, and Dr Phua Chu Qin from the Department of Otolaryngology of SKH educated the participants on the surgical treatment

options for selective OSA patients. This group of patients may not be as compliant to the CPAP therapy or their conditions are more suitable to be treated by alternative options.

Dr Tan Sheng Neng, the Assistant Director of the Integrated Sleep Service in Changi General Hospital, debunked common myths on sleep, shared key facts regarding sleep, the importance of quality sleep and ways to take charge of sleep, including sleep therapies during his talk “Sleep: Taking Charge of Your Health and Wellbeing”.

Apart from adults, children can also suffer from sleep disorders. Dr Biju Thomas, a Paediatrician from KKH Women’s and Children’s Hospital shared on “Unusual Sleep Behaviours in Children” to raise the public’s awareness about the different sleep disorders their child might be experiencing and the do’s and don’ts when handling their child during their sleep.



**Welcome Address
by Dr Toh Song Tar,
Head of SingHealth Duke
NUS Sleep Centre**

The GP Forum focused on educating the GPs on OSA so as to improve patient care pathways. Dr Ong Thun How, from the Department of Respiratory and Critical Care Medicine, Singapore General Hospital (SGH) shared an overview on OSA and its management, including questionnaires and criteria to screen potential OSA patients. Following which, Dr Shaun Loh, from the Department of Otolaryngology, SGH, educated the GPs on possible direct access by GPs to sleep studies. This is when GPs order sleep studies for patients, refer patients directly to the sleep labs for the sleep study, see the sleep specialist and finally start their treatment, cutting down unnecessary specialist consults and reducing wait-to-appointment and treatment time.

The last segment of the GP Forum on Ambulatory Sleep Study was conducted by Philips Respironics, Resmed and Easmed. Philips Respironics and Resmed shared on their CPAP machines which are the Apnealink Air and Alice Night One respectively. Easmed gave a talk on their WatchPat products. The vendors also had the opportunity to showcase their products throughout both forums where the public and GPs had the chance to learn more about these products.



SGH Sleep Disorders Unit's Team at the forum



Participants of the World Sleep Day Forum 2018

DR. AGNES T. REMULLA
FPSOHNs, FPSSM

Head, Sleep Laboratory
Asian Hospital and Medical Center
Clinical Associate Professor, Department of Otolaryngology – Head and Neck Surgery, University of the Philippines –
Philippine General Hospital
President, Philippine Society of Sleep Medicine
President, Philippine Society of Otolaryngology – Head and Neck Surgery
Past Chair, Philippine Academy of Sleep Surgery



“The PSSM started in 2002 as a small group of multidisciplinary specialists and has grown tremendously over the years. We now have 44 fellows, 3 accredited training programs and a local certifying board.”

Interview with Dr. Agnes T. Remulla on Philippines Sleep Society Annual Convention March 2018

The Philippine Society of Sleep Medicine conducted its 11th Annual Convention entitled “Sleep Links” at the Philippine Heart Center last March 2-3, 2018. The event highlighted the diverse relationship of sleep with other organ systems. Lectures spanned sleep and its “links” with neurology, cardiology, obstetrics, cardiology, pulmonary and otolaryngology, among others. There were 217 registered attendees composed of physicians from different fields, dentists, respiratory technologists, sleep technologists and nurses from all over the Philippines.

There was also a pre-congress workshop on March 1, 2018 on polysomnography and positive airway pressure therapies. This activity catered to the sleep technicians working in the different laboratories all over the Philippines.



Attendees during the scientific session



Attendees during the hands on session on PAP devices



DR. TEOFILO L. LEE-CHIONG JR.

Professor of Medicine, National Jewish Health and University of Colorado Denver School of Medicine,
Chief Medical Liaison for Philips Respironics (Denver, USA)

“What is possibly one of the best reasons to use CPAP for OSA?
It improves your golf performance.”

Dr. Teofilo's summary of clinical studies on OSA

Five Least Known Benefits of CPAP Therapy for Obstructive Sleep Apnea

Studies have demonstrated the cost-effectiveness of continuous positive airway pressure (CPAP) therapy compared to no treatment among those with moderate to severe obstructive sleep apnea (OSA) [Tan MCY et al. *Can Respir J*. 2008 Apr;15(3):159–65; Guest JF et al. *Thorax*. 2008 Oct;63(10):860–5], cardiovascular disease [Trakada G et al. *Sleep Breath*. 2015 May;19(2):467–72], and type 2 diabetes mellitus [Guest JF et al. *Diabetes Care*. 2014 May;37(5):1263–71]. Using CPAP for OSA can also result in some less recognized benefits – attractiveness, voice, gait, intimate relationships and golf performance.

1. Patients with OSA look more alert, youthful and attractive after using CPAP.

Facial images of 20 adult patients with OSA (mean baseline apnea hypopnea index [AHI] of 26 ± 21) and EDS were obtained using 3D digital photogrammetry prior to and after at least 2 months of using PAP. These photographs were assessed by 22 raters. Post-treatment images were rated twice as often to appear more alert ($P = 0.0053$), more youthful ($P = 0.026$), more attractive ($P = 0.0068$), and more likely to reflect the treated state ($P = 0.015$) than pretreatment images.
Chervin RD et al. *J Clin Sleep Med*. 2013 Sep;9(9):845–52.

2. Voice performance is worse in persons with OSA compared to healthy controls, and improves significantly after CPAP treatment.

In this study, 27 subjects with $AHI \geq 15$ were compared to 28 age- and sex-matched normal controls. Voice performance was reassessed at 1 month post-CPAP therapy. Fundamental frequency was 160.82 Hz (control), 157.04 Hz (pre-CPAP) and 169.19 Hz (1 month post-CPAP). Corresponding values were 0.70 %, 0.82 % and 0.62 % for jitter; 1.05%, 1.33% and 0.93% for shimmer; and 1.18, 13.11 and 5.00 for Voice Handicap Index, respectively.
Atan D et al. *Sleep Breath*. 2014 Dec 9.

3. Treatment with CPAP reverses the impaired gait control present in some patients with OSA.

In a prospective controlled study, gait performance was evaluated by stride time variability before and after 8 weeks of CPAP treatment in 12 non-obese patients with severe OSA ($AHI = 46.3 \pm 11.7$) and 10 healthy matched subjects. At baseline, patients with OSA had higher stride time variability and step width compared to controls. Spatiotemporal gait parameters and cognition when walking improved to the levels seen in control subjects during CPAP treatment.
Baillieul S et al. *Ann Phys Rehabil Med*. 2016 Sep;59S:e118–e119.

4. Good adherence to CPAP therapy for OSA enhances men's intimate relationships with their bed partners.

Seventy three men with newly-diagnosed OSA were assessed before and after 1 year of CPAP treatment. Median CPAP use was 4.3 hours daily. Using CPAP improved intimate relationships directly as well as indirectly by decreasing daytime sleepiness (ESS) and increasing activity levels.
Lai AY et al. *Sleep Breath*. 2016 May;20(2):543–51.

5. What is possibly one of the best reasons to use CPAP for OSA? It improves your golf performance.

Compared to baseline, CPAP use in patients with OSA ($RDI > 15$) significantly decreased the handicap index (11.3%, $P = 0.01$) and Epworth sleepiness scale score ($P = 0.01$). No significant changes in these parameters were observed in control subjects.
Benton ML et al. *J Clin Sleep Med*. 2013 Dec 15;9(12):1237–42.



DR.FAUZIAH FARDIZZA

Sp.THT
Pondok Indah Hospital 081218907709

“In my opinion Indonesia will benefit from Home Sleep testing due to several reasons. Indonesia has a huge burden of OSA but few level-1 sleep labs, few trained Physicians and Sleep techs.”

Interview with Dr. Fauziah Fardizza on Home Sleep testing Services in Indonesia

1. What is the burden of OSA in Indonesia?

There is no published prevalence study on OSA in Indonesia. Unpublished data reports prevalence of OSA as 16.8% in men and 17% in women. There are very few (8 according to Indonesian Sleep Society data) level 1 sleep labs in Indonesia to take care of this huge burden of OSA in the Indonesian population.

2. What are the challenges in diagnosing and treating OSA in Indonesia?

In my opinion there are several challenges in the management of OSA in Indonesia. Some of them are-

- Lack of awareness among the general population about OSA and its consequences if left untreated
- The cost to do sleep study and buy CPAP are high compared to the paying capacity of the Indonesian population
- No re-imbursement for sleep study and CPAP therapy
- Very few trained Physicians to handle all aspects of OSA management.
- Very few trained Sleep Techs to manage Level-1 Sleep labs
- Lack of enough activities to educate the general population about OSA and its harmful consequences. Sometimes it is very challenging in the clinics when we explain everything about OSA and its harmful consequences if left untreated but patients refuse to undergo any form of treatment

3. Do you think Home Sleep Testing will be useful to diagnose more OSA patients in Indonesia?

In my opinion Indonesia will benefit from Home Sleep testing due to several reasons. Indonesia has a huge burden of OSA but few level-1 sleep labs, few trained Physicians and Sleep techs. Diagnosis and treatment cost is high and there is no re-imbursement.

We need a diagnostic test which is cheap, simple but at the same time does not compromise on accuracy.

Home Sleep testing costs considerably less as compared to level-1 Sleep study, is easy to set up and does not require high technical expertise such as is required for level-1 Sleep study. In my experience, if we can choose high probability cases of OSA without co-morbidity for Home Sleep Testing and Auto CPAP treatment, the outcomes of treatment are as good as level 1 diagnostic and CPAP titration in sleep labs.

4. Does Philips offer Home Sleep Testing services in Indonesia? If yes, what services are offered by Philips Home Sleep Testing team?

Recently, Philips has started to provide Home Sleep Testing services to various clinics. They have a team of dedicated sleep techs properly trained to conduct Home Sleep Studies. They offer to do Level-2 sleep study and Home Sleep Testing along with Auto CPAP/ BiPAP titration at patients' home or in the hospital. The appointment is easily made. The technician can come to a patient's house at night, hook up the patient at night around 7pm and then take back the device the next morning. They score the study, and generate the report which is emailed to the doctor for further management of the patient.

5. What should be the criteria for choosing Home Sleep Testing device?

In my opinion, one should pay attention to the following points while choosing the Home Sleep Testing device-

- Should be small and easy to use
- Should allow to review and modify the scoring post-acquisition.
- Should be able to record airflow, respiratory effort, oxygen saturation and body position.
- The report generated by the device should give details about respiratory events (Apnea Hypopnea Index (AHI) and respiratory Event Index (REI).
- The sensors should not come off easily at night.
- It should have indicators for proper sensor application

Events in the region and world

Jul - Dec 2018

2nd Edmund Tay Mai Hiong Distinguished Speaker Programme - Sleep Medicine for Physician and Dentist: Interdisciplinary Clinical Sciences Singapore
<http://www.dentistry.nus.edu.sg/Events/cde.html>

8 July 2018

2nd Edmund Tay Mai Hiong Distinguished Speaker Programme - Sleep Bruxism and Apnea: An Association? Evening Lecture Singapore
<http://www.dentistry.nus.edu.sg/Events/cde.html>

9 July 2018

Singhealth Duke-NUS Sleep Centre Singapore Sleep Conference

2-4 Aug 2018

ERS International Congress Paris, France
<https://www.ersnet.org/congress-and-events/ers-international-congress>

15-19 Sep 2018

National Sleep Technology Course Goa, India
www.issr.in

21 Sep 2018

National Sleep Medicine Course Goa, India
www.issr.in

22-23 Sep 2018

ESRS Basel, Switzerland
<http://www.esrs.eu/conferences-events/esrs-congresses-events.html>

25-28 Sep 2018

Chest 2018 San Antonio, Texas
<http://www.chestnet.org/Education/CHEST-Meetings/CHEST-Meetings>

6-10 Oct 2018

SEAASM Annual conference Lucknow, India
<http://www.seaasm.org/4th-conference-icsd-2018.php>

12-14 Oct 2018

Sleep Downunder Brisbane, Australia
<https://www.sleep.org.au/conferences/future-events>

18-20 Oct 2018

23rd Congress of APSR Taipei, Taiwan
<http://www.apsresp.org/congress/2018.html>

29 Nov-2 Dec 2018

Sleep matters past issues

To access the past issues of sleep matters, please go to the below webpage
www.philips.com.sg/healthcare-consumer/sleep-apnea/resources#sleep-physicians-newsletters

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Letters to the Editor:

Our readers are invited to write to the editor by volunteering content that they feel strongly about or feel needs coverage in a publication such as this. Your input is welcome and valued, particularly with case studies and hot topics currently debated in the field, as well as reviews of Asia Pacific congresses and conferences that you might like to share with the audience. Your letters will be featured in future issues of Sleepmatters, allowing an open forum between experts and increasing the level of engagement amongst the audience.

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