

# Daytime intraoral neuromuscular electrical tongue stimulation using a removable device for obstructive sleep apnoea

Information for the public

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This procedure can only be done as part of a research study. This is because there is not enough evidence to be sure how well it works and how safe it is.

Your healthcare professional should talk to you about the research.

Obstructive sleep apnoea happens when the airway in the throat narrows during sleep causing breathing to repeatedly stop for short periods. This narrowing may be caused by the tongue falling backwards. In this procedure, a mouthpiece is placed around the tongue inside the mouth (intraoral). It delivers electrical stimulation to the muscles of the tongue (neuromuscular). The device is used at home during the daytime, typically for 20 minutes once a day for 6 weeks. The person using the device controls the level of stimulation. The aim is to reduce airway obstruction during sleep.

The [NHS website](#) may have information on your condition and treatment options.

## Is this procedure right for me?

You should be included in [making decisions about your care](#).

Your healthcare professionals should explain the risks and benefits of this procedure and how it is done. They should discuss your options and listen carefully to your views and concerns. They should offer you more information about the procedure. Your family or carers can be involved if you want or need them to be.

You will be asked to decide whether you agree (consent) to have the procedure. Find out more about [giving consent to treatment on the NHS website](#).

## Some questions to think about

- How many appointments will I need?
- What are the possible benefits? How likely am I to get them?
- What happens if it does not work or something goes wrong?
- What are the risks or side effects? How likely are they?
- Are other treatments available?

## Information and support

- [NICE's information on HealthTech guidance](#) explains what HealthTech is and how we assess it.
- [NICE's information on HealthTech recommendations](#) explains what only in research means.

These organisations can give you advice and support:

- [Sleep Apnoea Trust](#), [info@sleep-apnoea-trust.org](mailto:info@sleep-apnoea-trust.org)
- [Hope2Sleep](#), 0300 102 9711, [support@hope2sleep.co.uk](mailto:support@hope2sleep.co.uk)

You can also get support from your local [Healthwatch](#).

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