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| Intervention  | **001. Snoring Surgery (in the absence of obstructive sleep apnoea)**  * **Uvulopalatopharyngynoplasty**
* **Laser** **assisted uvulopalatoplasty**
* **Radiofrequency ablation of the palate**
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| For the treatment of | Snoring (in the absence of obstructive sleep apnoea)   |
| Commissioning position  | This intervention is not commissioned and therefore should not be routinely offered to patients. Application for funding approval can be made, using the IFR process, by the clinician recommending the intervention, if their assessment is that there are exceptional reasons why their patient could benefit from it.   |
| Summary of Rationale  | Snoring is not considered to be harmful as long as it is not associated with frequent apnoeic attacks (Alternative treatments to surgery, including for associated problems, can improve the symptom of snoring:  * Lose weight
* Stop smoking
* Reduce alcohol intake
* Treat rhinitis
* Mouth splints, to move the jaw forward when sleeping.

  There is a separate commissioning policy for treatment of Obstructive Sleep Apnoea. Snoring is associated with being overweight, smoking, alcohol intake and restricted airflow in the upper airway due to e.g. enlarged adenoids/tonsils or rhinitis.    There is limited evidence of effectiveness of surgery and potential for significant risks from surgery:  * 0-16% severe complications e.g., bleeding, compromise of airway.
* 58-59% persistent side effects after surgery.
* Swallowing problems.
* Voice changes.
* Disturbance of taste.
* Nasal regurgitation.

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* Reduce alcohol intake
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| References  | [Snoring surgery (in the absence of obstructive sleep apnoea) - EBI (aomrc.org.uk)](https://ebi.aomrc.org.uk/interventions/snoring-surgery-in-the-absence-of-obstructive-sleep-apnoea/#:~:text=It%20is%20on%20the%20basis,the%20management%20of%20simple%20snoring.&text=There%20are%20a%20number%20of,improve%20the%20symptom%20of%20snoring.) [British Snoring & Sleep Apnoea Association](https://britishsnoring.co.uk/) [Snoring - NHS (www.nhs.uk)](https://www.nhs.uk/conditions/snoring/)  |
| Effective from:  | October 2024  |
| Policy Review Date  | October 2027  |