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A randomised trial to evaluate the effects of didgeridoo playing on snoring

Submission date 25/02/2005	**Recruitment status** No longer recruiting	[_] Prospectively registered [_] Protocol [_] Statistical analysis plan [X] Results [_] Individual participant data
Registration date 26/04/2005	**Overall study status** Completed	
Last Edited 27/07/2007	**Condition category** Respiratory	

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
N/A

Study information

Scientific Title

Study objectives
Not provided at time of registration

Ethics approval required
Old ethics approval format

Ethics approval(s)
Not provided at time of registration

Study design
Randomised controlled trial

Primary study design
Interventional

Secondary study design
Randomised controlled trial

Study setting(s)
Not specified

Study type(s)
Quality of life

Participant information sheet

Health condition(s) or problem(s) studied
Snoring and apnoea-hypopnea-index 15-30

Interventions
Intervention group: Playing Didgeridoo for a period of four months, at least five times a week. Regular instructions by professional Didgeridoo-Teacher.
Control group: No Didgeridoo playing for a period of four months.

Intervention Type
Other

Phase
Not Specified

Primary outcome measure
1. Epworth scale
2. Pittsburgh Sleep Quality Index

3. 36-item Short Form health survey (SF-36)
4. Proxy evaluation
5. Apnoea-hypopnea-index

Secondary outcome measures
No secondary outcome measures

Overall study start date
01/08/2004

Completion date
01/04/2005

Eligibility

Key inclusion criteria
30 patients of at least 18 years of age with snoring and apnoea-hypopnea-index 15-30.

Participant type(s)
Patient

Age group
Not Specified

Lower age limit
18 Years

Sex
Not Specified

Target number of participants
30

Key exclusion criteria
1. Treatment for sleep apnoea (e.g. with continuous positive airway pressure [CPAP])
2. Body Mass Index greater than 30
3. More than seven drinks per week
4. Regular intake of psychostimulating drugs and current or planned weight reduction intervention

Date of first enrolment
01/08/2004

Date of final enrolment
01/04/2005

Locations

Countries of recruitment
Switzerland

Study participating centre
Horten Centre
Zurich
Switzerland
8091

Sponsor information

Organisation
Zürcher Höhenklinik Wald (Switzerland)

Sponsor details
-
Faltigberg-Wald
Switzerland
8639
info@zhw.ch

Sponsor type
Hospital/treatment centre

Website
http://www.zhw.ch/

Funder(s)

Funder type
Hospital/treatment centre

Funder Name
Zürcher Höhenklinik Wald (Switzerland)

Funder Name
Zürcher Lungenliga (Switzerland)

Funder Name
Praxis Alex Suarez (Switzerland)

Results and Publications

Publication and dissemination plan
Not provided at time of registration

Intention to publish date

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	Results	04/02/2006		Yes	No