

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

Submission date 25/02/2005	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
Registration date 26/04/2005	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
Last Edited 27/07/2007	Condition category Respiratory	<input type="checkbox"/> Individual participant data

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

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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