

# A pilot study of overtone singing as a treatment for snoring

<b>Submission date</b> 30/09/2005	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 30/09/2005	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 26/02/2018	<b>Condition category</b> Signs and Symptoms	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

**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**  
N0436146550

# Study information

## Scientific Title

A pilot study of overtone singing as a treatment for snoring

## Study objectives

Snoring is a very common problem for which there is no very effective treatment. Snoring occurs because of loss of tone during sleep in the pharyngeal muscle leading to partial obstruction. Voice exercises targeted to increase tone in these muscles might therefore be expected to reduce snoring, and there is some anecdotal evidence in support of this. We wish to perform a rather larger pilot study of the use of "overtone" singing in a group of 10 snorers with a view to proceeding to a more definitive prospective randomised controlled trial.

## 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)

Treatment

## Participant information sheet

Not available in web format, please use the contact details below to request a patient information sheet

## Health condition(s) or problem(s) studied

Signs and Symptoms: Snoring

## Interventions

Randomised controlled trial

## Intervention Type

Other

## Phase

Not Specified

**Primary outcome measure**

Objectively measured snoring

**Secondary outcome measures**

Not provided at time of registration

**Overall study start date**

01/03/2004

**Completion date**

01/03/2005

## Eligibility

**Key inclusion criteria**

Patients with snoring attending the sleep clinic at St James' University Hospital

**Participant type(s)**

Patient

**Age group**

Not Specified

**Sex**

Not Specified

**Target number of participants**

10

**Key exclusion criteria**

Patient refusal

**Date of first enrolment**

01/03/2004

**Date of final enrolment**

01/03/2005

## Locations

**Countries of recruitment**

England

United Kingdom

**Study participating centre**

St James's University Hospital  
Leeds

United Kingdom  
LS9 7TF

## Sponsor information

### Organisation

Department of Health

### Sponsor details

Richmond House  
79 Whitehall  
London  
United Kingdom  
SW1A 2NL  
+44 (0)20 7307 2622  
dhmail@doh.gsi.org.uk

### Sponsor type

Government

### Website

<http://www.dh.gov.uk/Home/fs/en>

## Funder(s)

### Funder type

Hospital/treatment centre

### Funder Name

Leeds Teaching Hospitals NHS Trust (UK)

### Funder Name

NHS R&D Support Funding

## 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