

A pilot study of overtone singing as a treatment for snoring

Submission date 30/09/2005	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
Registration date 30/09/2005	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
Last Edited 26/02/2018	Condition category 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

Protocol serial number
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 affective treatment. Snoring occurs because of loss of tone during sleep in the pharygeal 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

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Signs and Symptoms: Snoring

Interventions

Randomised controlled trial

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Objectively measured snoring

Key secondary outcome(s)

Not provided at time of registration

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

Healthy volunteers allowed

No

Age group

Not Specified

Sex

Not Specified

Key exclusion criteria

Patient refusal

Date of first enrolment

01/03/2004

Date of final enrolment

01/03/2005

Locations**Countries of recruitment**

United Kingdom

England

Study participating centre

St James's University Hospital

Leeds

United Kingdom

LS9 7TF

Sponsor information**Organisation**

Department of Health

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

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration