

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

Contact name
Dr Milo Puhan

Contact details
Horten Centre
University Hospital
Postfach Nord
Zurich
Switzerland
8091
+41 1 255 87 09
milo.puhan@evimed.ch

Additional identifiers

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

Study type(s)

Quality of life

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(s)

1. Epworth scale
2. Pittsburgh Sleep Quality Index
3. 36-item Short Form health survey (SF-36)
4. Proxy evaluation
5. Apnoea-hypopnea-index

Key secondary outcome(s)

No secondary outcome measures

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

Healthy volunteers allowed

No

Age group

Not Specified

Lower age limit

18 years

Sex

Not Specified

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)

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

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