

# 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

**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

**Primary study design**

Interventional

**Study design**

Randomised controlled trial

**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