

# A good night's sleep at last



Bouts of snoring where breathing stops can make you ill and even lead to heart attacks, heart failure and strokes. At Germany's first interdisciplinary private practice, Intersleep in Berlin, doctors from various specialist fields are treating high-risk patients and helping to save both lives and relationships.

By Miriam Müller

The 38-year-old Berlin prison officer is about to marry the man of her dreams, but he's already moved out of the communal bedroom because he's had enough of her snoring. The rattle from the room can reach 80 decibels, as loud as a passing lorry. The lady is now awaiting her Intersleep consultation with an ENT doctor, a cardiologist, a dentist, and a sleep and respiratory expert. The examination reveals that the patient's respiratory passages are constricted and that she has diffi-

culty breathing at night. The solution is simple: a dental appliance will ease her lower jaw forwards and allow her to breathe more easily. "Obstructive sleep apnoea is a risky business. The sufferer almost stops breathing, and when oxygen levels in the blood fall below a certain level, the brain raises the alarm – it's a real stress situation for the patient," says Harald Müller-Pawlowski. And a permanent lack of sleep can lead to exhaustion and cardiovascular disease.

The appliance, which costs around €1,200, is just one of the available options. ENT doctor Lukas Schnitzler uses laser surgery to reduce the size of the nasal conchae and the uvular, or to straighten the septum to free up



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**The stop-snoring appliance: the solution for many sufferers.**

the airways. The interdisciplinary practice in Steglitz is the first of its kind, with the patient seen by a range of specialists.

The basic diagnosis takes around two hours, with costs normally starting from €440. The price depends on the existence and quality of any findings resulting from previous visits to the doctor. Health insurance funds can provide information on whether treatment costs are covered.

[www.intersleep.de](http://www.intersleep.de) ■

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