

How to make a positional belt

Measure your waist and add 15-20cm. Use a non stretchable cotton material of between 12 and 15 cm in width. Stitch a few cm of Velcro at both ends. At about the middle of the belt make a pouch of 12 x 12 or 12 x 15 cm with a strip of Velcro so that it can be sealed. Put a stress ball, or a bag of rice in the pouch so that there is some bulging (see figures 2 and 3).

Avoid if possible the use of tennis ball, golf ball or cricket ball as they are uncomfortable and may wake the person. Make sure the pouch is sitting in the centre of the lower back. This may also be positioned at the chest level.

You can also purchase a positional belt from our unit.



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POSITIONAL TREATMENT

(OF SNORING AND SLEEP APNEA)



Treatment

Positional Treatment of Obstructive Sleep Apnea

In approximately 6% of patients with severe obstructive sleep apnea (*stopping breathing more than 30 times per hour*) and up to 50% of people with mild obstructive sleep apnea (*stopping breathing less than 15 times per hour*) the disturbed breathing is predominantly present in supine position (when lying on the back) (Fig1). One treatment option is to reduce the time the person spends on his/her back.

Although some people perceive moving little through the night or even not moving at all, in reality we move randomly every 20-30 minutes. The use of a positional belt at the level of the waist is one way to reduce the amount spent on our back when asleep (Fig 2 & 3).

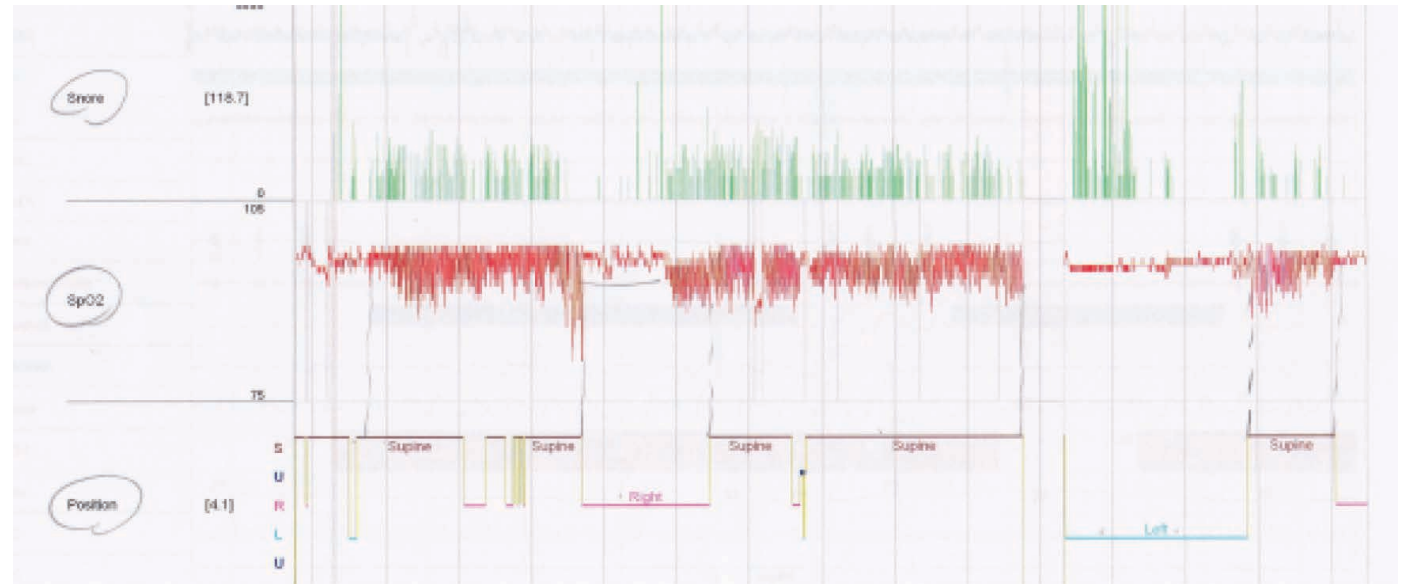


Fig 1



Fig 2



Fig 3