

## Instructions for positional therapy for obstructive sleep apnoea

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In positional sleep apnoea, snoring and breathing stops are usually more frequent when sleeping on your back (in the supine position) than in other sleeping positions. This means that positional sleep apnoea can be treated with positional therapy. The aim of the therapy is to avoid sleeping on your back. Positional therapy can be implemented with the aid of tennis balls or a positional device ("sleep apnoea belt").

### Positional therapy with tennis balls

You can avoid sleeping on your back by placing tennis balls in small pockets sewn on the back of your pyjama top, between the shoulder blades. The tennis balls will prevent you from turning on your back while you are asleep, which reduces snoring and breathing stops. Tennis balls must be used at all times when sleeping. It may take a few weeks to get used to sleeping with the tennis balls. Changing your sleeping position takes a bit of practice. You can buy tennis balls from stores that sell sports equipment or from supermarkets. One alternative to tennis balls is to wear a small backpack filled with soft material at night.



Positional therapy with tennis balls

## **Positional therapy with a sleep apnoea "belt"**

There are also commercial products available for positional therapy, such as the Zzoma Positional Device. The belt has the same purpose as tennis balls: it prevents you from sleeping on your back and from turning onto your back at night.



Apnea belt

## **Contact information**

Outpatient Clinic for Lung Diseases  
Monday through Friday 8 am-14.30 pm  
Tel 02 627 7081