

Feel Great!

PREMIERPHYSIO NEWSLETTER | JULY 2026

What Exactly is Sleep Apnoea?

Sleep Apnoea is often considered a 'bit of a bad night's sleep.' However, this condition can have a profound effect on the body mentally and physically. Sleep Apnoea is when breathing stops and starts during your sleep.

Some of the symptoms include;-

Making gasping or choking noises in your sleep

Snoring

Waking often

Your daily activities are then impacted by poor sleep, such as;-

Poor concentration

Extreme tiredness/mood swings

Headaches upon waking first thing in the morning

The causes of the condition can include;-

COPD (chronic obstructive pulmonary disease)

Smoking

Being overweight

Large tonsils/adenoids

Alcohol

Self-help for this condition is often useful like exercising regularly, maintaining a healthy weight, creating a good sleep routine, for example going to bed at the same time every night, making sure your room is dark, quiet and a comfortable temperature and sleeping on your side (buy a wedge pillow to stop you rolling onto your back.)

One of our client's, Dave told us all about his struggles with Sleep Apnoea and what he's done to relieve the symptoms. Read his interview on page 3.



What's inside



Mighty Marian Did It!

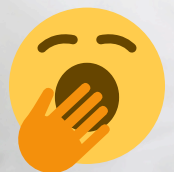
Exercise of the Month

Sleep Apnoea...our client's story

We Take Your Recovery Personally

Keep Calm and Eat Ice-Cream!

Visit our website for all of our services www.premierphysio.com



Mighty Marian Did It!

You may have followed our amazing therapist, Marian's journey across the last few issues of *Feel Great!* about her Mighty Hike, for Macmillian Cancer Charity. She completed the 26 mile trek which took place on 6th June around The Lake District and managed to raise a whopping £1075 for the charity.

Marian would like to give a huge thank you to everyone at PremierPhysio, staff and clients, who sponsored her.

Well done Marian –
we are so proud of you!



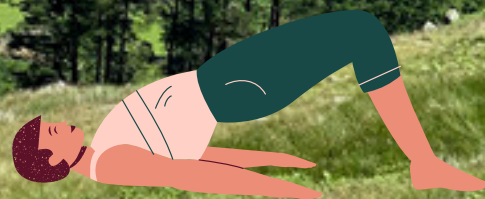
Marian and her husband, Mike who also took part in The Mighty Hike



Exercise of the Month – Glute Bridge

The Glute bridges offer many benefits for physical health, specifically by strengthening the posterior chain, alleviating back pain, and counteracting the postural imbalances of a desk job.

- Prolonged desk work causes glutes to become dormant and hip flexors to tighten. Glute bridges counteract this by stretching tight hip flexors and waking up the glute muscles.
- When glutes are weak, your lower back and hamstrings overcompensate, leading to spinal strain.
- Strong glutes stabilise the pelvis and prevent the knees from caving inward, reducing stress on the knee joints during activity.
- The bridge engages the core and supports pelvic floor function.



What Exactly is Sleep Apnoea?... Continued

from front page ...

Dave contacted us and asked if we could raise awareness of this condition in our monthly newsletter, as Sleep Apnoea can lead to other very serious conditions such as:- High blood pressure, type 2 diabetes, heart disease and depression. It also increases the risk of having a stroke.

Here's Dave's story...

1. When were you first diagnosed with this condition?

In October 2023, I was diagnosed with severe obstructive sleep apnoea. I was stopping breathing 59 times per hour in my sleep, and my blood oxygen was dropping to very low levels.

2. What were the symptoms you noticed first?

I hadn't felt properly rested after sleep for as long as I can remember. A friend even refused to share a room on holiday because my snoring was so bad. After getting COVID very early on, I struggled with Long COVID for around 18 months. During that time, I worked with Premier Physio using clinical Pilates to support my recovery. Despite that, my sleep got worse, my asthma worsened, and I started waking up gasping for air. My blood pressure increased and I began having frequent heart palpitations. My partner eventually recorded me sleeping, and it looked like I was fighting for air and gulping. I showed this to my GP and was referred for a sleep study, which was done as a simple at-home test.

3. What help (if any) have you received?

About three months after diagnosis, I was given a CPAP machine and a full face mask, as I mouth-breathe in my sleep. The machine provides enough air pressure to keep my airway open while I sleep. I now use it every night.

4. How has this condition impacted your life?

Before CPAP, I was constantly tired and my health was getting worse. My asthma was deteriorating, I took a long time to recover from illness, and I had high blood pressure and regular heart palpitations. I was also relying heavily on caffeine just to function. Since starting treatment, my energy levels are much better. My asthma is well controlled, my blood pressure is normal, and the palpitations have stopped. I now only need one or two coffees a day.

It's clear that untreated sleep apnoea was having a significant impact on my health.

5. What advice would you give to anyone who suspects they may have Sleep Apnoea?

Look out for key signs: feeling unrefreshed after sleep, loud snoring, and waking up gasping for air.

If you suspect it, speak to your GP and ask for a sleep study. If there are delays, there are also reputable at-home tests available through charities like Hope2Sleep. My only regret is not getting diagnosed sooner. Effective treatment can significantly reduce the health risks associated with sleep apnoea and make a big difference to quality of life. Getting used to the mask and the change to my sleeping position did cause me a few neck and upper back issues at first, but it was nothing the team at Premier Physio couldn't sort out!

If you suspect you have Sleep Apnoea please see your GP.





Why Book With Us?

Because We Take Your Recovery Personally

If you need a reason to book physiotherapy with us because you are struggling with pain that cannot wait any longer, then here are at least seven reasons!

- No NHS waiting list...get booked in generally within 24- hours.
- We offer late night and weekend appointments...so can fit around work commitments.
- We can offer home visits (within the local area).
- You do not need a referral from your GP.
- No rushed appointments(a minimum of 30 mins).
- Therapists who listen, and tailor hands-on treatment and exercises to suit your personal needs.
- A relaxing waiting room, with refreshments and always a warm and friendly welcome.



Keep Calm and Eat



**It's National Ice-Cream Day on Sunday 19th July...
so what better excuse to treat yourself!**



Did you know...?

It takes approximately fifty licks to finish an ice-cream!

Blood vessels in the roof of your mouth tense up when you eat ice cream , that's what causes 'brain freeze' or 'ice-cream head!' (Tip – if this happens when enjoying your ice-cream put your tongue on the roof of your mouth to warm it up quickly and relieve the pain)

The three most popular ice-cream flavours in the UK are Vanilla, Chocolate and Mint-Choc Chip.

Written by Sharon Carey