

## How will this study be undertaken?

The SNORE-ASA study will involve a partnership between researchers, general practice and the community.

## Who are we looking for?

Men and women can take part if they are:

- 70 years and older
- Joining the ASPREE study
- Able to attend their usual GP

## Who cannot take part?

- People who will not be enrolling in ASPREE
- Anyone with diagnosed sleep apnoea and/or using a CPAP machine at night

Proudly funded by:



*'Does sleep apnoea affect thinking, memory and brain function?'*

*'Can Aspirin reduce the effects on brain function over time?'*

*The ethical aspects of this research project have been approved by the Human Research Ethics Committee of Alfred Health*

To become involved:

**Please contact: 1800 728 745**

Or speak to a staff member at your next visit



**MONASH**  
University

If you have any complaints about any aspect of the project, the way it is being conducted or any questions about being a research participant in general, then you may contact:

Rowan Frew, Manager  
Ethics & Research Governance, Alfred Health  
Phone: 03 9076 3848

A STUDY OF THE  
EFFECT OF  
ASPIRIN AND  
SNORING ON  
MEMORY AND  
THINKING

Helping minds REST easy

# SNORE-ASA

Information  
Brochure



## What is sleep apnoea?

Sleep apnoea refers to problems with breathing during sleep - usually related to snoring. In sleep apnoea, airflow to the lungs can be reduced or even stop.

Sleep apnoea is very common in older adults. Most sleep apnoea is only mild, and most people are unaware they have it.



## What does participation involve?

### Home sleep study

Participants will be given a small device to take home for one night and wear overnight while sleeping. This will detect for any sleep apnoea during sleep. The next day, simply put the device in the reply-paid envelope and mail back.



### Other tests

A **small** number of participants will also be invited to have a brain MRI performed, that can detect any structural changes in the brain, and also have a special digital photograph taken of the back of each eye (without eye drops).



## What is the purpose of the SNORE-ASA research project?

The SNORE-ASA study will determine if sleep apnoea affects brain function, and the health of small blood vessels in the brain, over time. It will also determine if aspirin slows down any change in brain function due to sleep apnoea.

You will also be asked to complete two short questionnaires on how sleepy you are during the daytime.

### Cognitive Tests

Participants will be asked to complete assessments that test memory, mental agility, concentration and decision-making skills. Some of these tests are quite simple while others are more challenging. These will take around 20 minutes.

