

**Programme Title: Clinical Policies**

Clinical Policies aim to prevent avoidable harm to patients by only offering treatments on the NHS that are evidence-based, clinically safe and effective, as well as cost effective and a good use of resources.

**Cambridgeshire, Peterborough, Bedfordshire, Luton, Milton Keynes and Hertfordshire**

<b>Title of policy and version:</b>	<b>ENT - Snoring Surgery (adults, in the absence of obstructive sleep apnoea)</b>  Version: v1.0
<b>Commissioning position:</b>	This intervention is NOT NORMALLY FUNDED by the ICB.
<b>Scope:</b>	<p><b>Covers</b></p> <ul style="list-style-type: none"> <li>• Surgical procedures for simple snoring in adults without diagnosed obstructive sleep apnoea (OSA)</li> <li>• Procedures to remove, refashion or stiffen the soft palate (e.g. uvulopalatopharyngoplasty, laser-assisted uvulopalatoplasty, radiofrequency ablation) in an attempt to improve the symptom of snoring.</li> </ul> <p><b>Out of scope:</b></p> <ul style="list-style-type: none"> <li>• Investigation and management of suspected/confirmed obstructive sleep apnoea.</li> </ul>
<b>Cohort:</b>	Adults with simple snoring where OSA has not been diagnosed.
<b>Other relevant Clinical Policy</b>	TBC

<b>Treatments routinely funded:</b>	None under this policy
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<b>Treatments not funded:</b>	The ICB will not normally fund surgery for simple snoring in adults (in the absence of diagnosed OSA), including palatal procedures such as uvulopalatopharyngoplasty, laser-assisted uvulopalatoplasty, and radiofrequency ablation.
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<b>Rationale:</b>	
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Snoring surgery (in the absence of obstructive sleep apnoea) is considered a low clinical priority intervention. NHS commissioning is focused on interventions that treat disease or restore function; surgery undertaken solely to reduce snoring has limited evidence of effectiveness and carries risk, and is therefore not normally funded.

**IFR Statement Clinical Exceptionality:**

Where a patient does not meet the policy criteria or the intervention is not normally funded by the NHS, an application for clinical exceptionality can be considered via the ICB's Individual Funding Request (IFR) Policy and Process.

**Coding list:**

Policy document record:	Snoring Surgery (adults, in the absence of obstructive sleep apnoea) Version: v1.0
Ratification date:	1st April 2026
Record of significant change:	v1.0 – New harmonised policy for Central East ICB, based on predecessor ICB policies (C&P, HWE, BLMK).
Planned review date:	TBC

**Document Environmental Impact statement:**

Neutral environmental impact. Policy to be shared and stored electronically where possible; if printed, use double-sided printing and minimal copies.