

John Stradling, MD, FRCP

Oxford Centre for Respiratory Medicine



John Stradling is professor of respiratory medicine at Oxford and director of the respiratory sleep service. He was appointed as an NHS consultant in 1985 and awarded a personal chair at Oxford University in 1999. His main research interests are in the area of sleep related disorders of breathing: epidemiology, cardiovascular consequences, simplified methods of diagnosis, and randomised controlled trials of therapy for OSA. Outside medicine his main interest is classical trumpet playing.

Selected Publications

- 1) Prevalence of Obstructive Sleep Apnoea in men with type 2 diabetes. West SD, Nicoll DJ, and JR Stradling JR. *Thorax* 2006;61:945-50
- 2) Temazepam at high altitude reduces periodic breathing without impairing next-day performance: a randomised cross-over double blind study. Nickol AH, Leverment J, Richards P, Seal P, Harris GA, Cleland J, Dubowitz G, Collier D, Milledge J, Stradling JR, Morrell MJ. *J Sleep Res* 2006;15:445-54
- 3) Brain natriuretic peptide is unchanged after 4 weeks of continuous positive airway pressure therapy. Pepperell J, Stradling J, Davies R. *J Sleep Res* 2006;15:463-4
- 4) The effect of CPAP on insulin resistance and HbA1c in obstructive sleep apnoea and type 2 diabetes. West SD, Nicoll DJ, Wallace TM, Matthews DR, Stradling JR. *Thorax* 2007;62:969-974
- 5) Sleep Apnoea and high risk patients. Invited BMJ editorial. Stradling JR. *BMJ* 2007;335:313-314
- 6) Post CPAP sleepiness – a specific syndrome? Stradling JR, Smith D, Crosby J. *J Sleep Res* 2007;16:436-438
- 7) The role of the nose in the pathogenesis of obstructive sleep apnoea and snoring. Kohler M, Bloch KE and Stradling JR. *Eur Respir J* 2007; 30: 1208–1215
- 8) CPAP and measures of cardiovascular risk in males with OSAS. Kohler M, Pepperell J, Craig S, Casadei B, Crosthwaite N, Davies RJO, Stradling JR. *ERJ* 2008;32:1488-96
- 9) Predictors of blood pressure fall with CPAP treatment of OSA. Robinson GV, Langford BA, Smith DM, Stradling JR. *Thorax* 2008;63:855-9
- 10) Driving and Obstructive Sleep Apnoea. Stradling JR. Requested editorial for *Thorax* 2008;63:481-3
- 11) Cost effectiveness and cost-utility using continuous positive airway pressure in

the treatment of severe obstructive sleep apnoea/hypopnoea syndrome in the UK. Guest JF, Helter MT, Morga A, Stradling JR. *Thorax* 2008;63:860-5

12) Effects of continuous positive airway pressure on quality of life in patients with moderate to severe obstructive sleep apnea: data from a randomized controlled trial. Siccoli MM, Pepperell JC, Kohler M, Craig SE, Davies RJO, Stradling JR. *Sleep* 2008;31:1551-8

13) Endothelial function and arterial stiffness in patients with minimally symptomatic obstructive sleep apnea. Kohler M, Craig S, Nicoll D, Leeson P, Davies RJO, Stradling JR. *AJRCCM* 2008;178:984-8

14) Continuous positive airway pressure and liver enzymes in obstructive sleep apnea: data from a randomized controlled trial. Kohler M, Pepperell JCT, Davies RJO, Stradling JR. *Respiration* 2009; 2009;78:141-6

15) An Economic Analysis of Continuous Positive Airway Pressure (CPAP) for the Treatment of Obstructive Sleep Apnoea-Hypopnoea Syndrome (OSAHS). Ms Helen Weatherly, Centre for Health Economics, University of York, UK. Griffin S, Mc Daid C, Durée K, Davies RJO, Stradling JR, Westwood M, Sculpher M. *Int J Technology Assessment Health Care* 2009;25:26-43

16) Circulating cell-derived microparticles in patients with minimally symptomatic obstructive sleep apnoea. Ayers L, Ferry B, Craig S, Nicoll D, Stradling JR, Kohler M. *ERJ* 2009;33:574-80

17) The Prevalence of Obstructive Sleep Apnea and its Association with Aortic Dilatation in Marfan's Syndrome. Kohler M, Blair E, Risby P, Nickol AH, Wordsworth P, Forfar C, Stradling JR. *Thorax* 2009;64:162-6

18) The effect of continuous positive airway pressure treatment on physical activity in patients with obstructive sleep apnea: a randomized controlled trial. West et al. *Sleep Med.* 2009;10:1056-8

19) Oxford Handbook of Respiratory Medicine. 2nd edition 2009. Chapman S, Robinson G, Stradling J, West S. Handbook series for OUP. 1st edition, 2005, reprinted 2006.

20) Effects of continuous positive airway pressure on systemic inflammation in patients with moderate to severe obstructive sleep apnoea: a randomised controlled trial. Kohler M, Ayers L, Pepperell JCT, Packwood KL, Ferry B, Crosthwaite N, Craig S, Siccoli MM, Davies RJO, Stradling JR. *Thorax* 2009;64:67-73

21) A systematic review of continuous positive airway pressure for obstructive sleep apnoea-hypopnoea syndrome. McDaid C, Durée KH, Griffin SC, Weatherly HL, Stradling JR, Davies RJO, Sculpher MJ, Westwood ME. *Sleep Med Rev.* 2009;13:427-436

22) Cost-effectiveness of Oral Appliances in the treatment of Obstructive Sleep Apnea-Hypopnea. Sadatsafavi M, Marra CA, Ayas NT, Stradling J, Fleetham J. *Sleep and Breathing* 2009;13(3):241-52

23) Continuous positive airway pressure treatment for obstructive sleep apnoea reduces resting heart rate: a randomised controlled trial. Craig et al. *J Sleep Res* 2009;18:329-336

Obstructive Sleep Apnoea in Adults. West SD, McBeath HA, Stradling JR. *BMJ* 2009;338:1165-6

24) The prevalence of retinopathy in men with type 2 diabetes and obstructive sleep apnoea. West SD, Groves DC, Lipinski HJ, Nicoll DJ, Mason RH, Scanlon PH, Stradling JR. *Diabetic Medicine* 2010;in press

25) Respiratory Case Histories. Nickol A, Davies H, Rahman N, Stanton A, Stradling JR. Series for OUP. 2010.