

# **SNORING AND SLEEP APNEA**

## **A WAY FORWARD**

**The Best Snoring Solutions,  
Aids & Remedies**

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# INTRODUCTION

## What this eBook is all about...

The problem of snoring which is quite a serious one for many people is addressed in this book covering an extensive range. Understanding snoring and its adverse effects, identifying the causes of Snoring, problem of snoring in different people and various treatment options are addressed here.

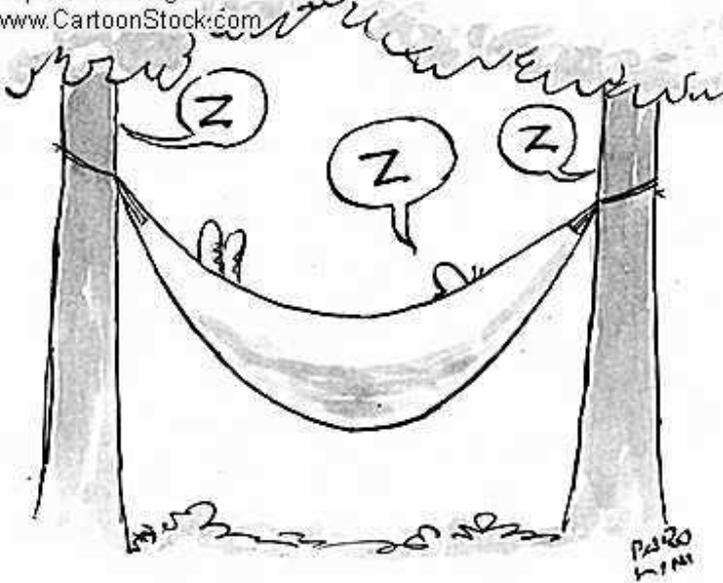
Though we give you a thorough insight into snoring and its related issues, this book cannot be treated as a substitute for sound medical advice and treatment nor is it intended to be an advisory on how to cure or prevent snoring.

As far as possible, accurate information has been provided after extensive research.

## DEMYSTIFYING SNORING

**What exactly is this snoring and what causes people to snore?**

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Snoring is actually coarse sounds produced due to vibration of the soft palate and other loose tissues in the mouth, nose and throat. Turbulence in the airway of the throat while breathing produces the sound.

Turbulence in the air passage is created due to partially blocked passage between the nose and throat. This constriction occurs especially when the person goes very deep into sleep and he or she is unaware of the disturbance caused to others.

Snoring can be considered a social problem because it tends to embarrass the snorer and causes sleepless nights for others around. It can also be considered a medical problem because snoring affects

sleeping patterns, and deprives the snorer of his needed rest.

If snoring is severe, it causes serious long-term health issues, daytime drowsiness, irritability, and lack of focus. Thus, it is vital to treat the problem seriously.

Medical experts like Laurence Smolley claim about forty five percent of normal adults tend to snore. So if you are one of them, you certainly have to be more informed about your snores.

## **Statistics**

Apart from Laurence Smolley's claim, there are other more shocking revelations. According to some, almost a half of the households in America are affected by snoring.

Adults who snore form a major part of the country's population almost two thirds according to their partners. Another survey by the National Sleep Foundation shows people who profess to snore number nearly sixty percent.

As we thus see, snoring is the most commonly occurring syndrome much more common than we think. If you are a snorer, you are certainly not alone.

## **Who exactly snores??**

Snoring is common among men, women, children and even babies. It may be interesting to know even pets snore.

It is a common myth that only men snore. It is not so. Though it is more predominant among men because their air passage is narrower than the women, causes like alcohol intake, obesity, smoking, etc can cause snoring in women too.

Snoring in such cases can be cured by addressing these causes. Cases

where it is difficult to cure are when snoring occurs due to nasal allergies, blockage in the tubes, narrowing of the throat membrane, hereditary factors or even ageing.

Anyone can snore.....

## **The Age Factor**

Age factor affects women more. As women age, most of them start the habit of snoring due to hormonal changes and shifts of fats in the body. Men who are not snorers may also succumb to this syndrome as they age.

A report on the Medical Journal Study of 1997 says there is an increase of ten percent in snorers between the ages of thirty and forty. Thus, we snore as we age.

## **Men or Women???**

Who snores more men or women? Statistics have proven that it is men who snore more than women do. Researchers have shown that out of every ten men, four men tend to snore while only 3 women tend to snore out of every ten women.

Any person who tends to snore more than 3 times a week is a habitual snorer and can really become a pain to others who are sharing the same room with them. The dreadful loud noises produced during snoring will prevent the other person from having a restful sleep.

What are the reasons which cause men to snore more than women? The reasons are mainly related to the lifestyles followed by men who are habitual smokers and drink alcohol more than women. Both smoking and alcohol consumption are known causes of snoring.

Men have a smaller air way in the throat than women and when this airway gets further constricted this will cause snoring. Alcohol consumed just before bedtime relaxes the area around the throat and the tongue to relax so much that this leads to snoring.

The nicotine in the cigarettes is also a relaxant this also contributes to snoring. Men who are obese are also more prone to snore and make loud hoarse noises at night.

Women, who are overweight, have low estrogen levels, or going through the phase of menopause or those who have had a hysterectomy will tend to snore more.

Doctors have realized that estrogen stimulates muscles and this prevents them from being relaxed which lead to snoring. It has been found that women who are in their forties and fifties begin to lose tone and more fat gets accumulated in the throat area.

Their tongues, larynxes and other tissues in the throat become enlarged and this leads to the air passage becoming constricted and causes snoring. Women who are prone to high blood pressure also tend to snore more.

## **IS SNORING NORMAL??**

To think snoring is normal is not right. Through snoring the body is sending out signals that it is not getting enough air and that there is a problem which has to be attended to immediately.

Apart from Uvula and soft palate vibrations, snoring can also be caused by tonsils and adenoids. If identified, these can be treated on time and reduce snoring.

## **We snore more in deep sleep.....**

Blocking of airways is usually caused by muscle relaxation. When a person is in deep sleep his throat muscles are relaxed causing them to narrow the passage.

This results in constriction of the throat. If this narrowing of passage is aided by other causes, snoring occurs.

## **DO YOU KNOW YOU ARE SNORING?**

You may not even be aware that you are snoring unless your spouse or members of your house makes you aware of this. If you have been sleeping on your own, you may not find out about your snoring disorder for a very long time until your neighbor or your friend who is sleeping over finds out and alerts you about it.

If you do not have anyone to assess whether you are snoring or how much you are snoring you could use an audio recording device and listen to it in the morning.

Another way to find out is when you feel groggy and tired in the mornings on a regular basis. This means you have not been sleeping too well and there is a problem.

Snoring causes a person to lose sleep. If he or she has a partner sleeping with them it is even worse and both of them will miss out on good sleep on a regular basis.

The person who snores usually wakes up repeatedly through the night. He will definitely suffer kicks, tugs, pulls, punches and shoves from his exasperated partner who keeps hoping doing this will solve the problem.

## **Noise created by snoring...**

The decibel level produced from a snore is 60dB and the high intensity snore can go up to 80 to 90db. The pain limit of human hearing is 140 decibels.

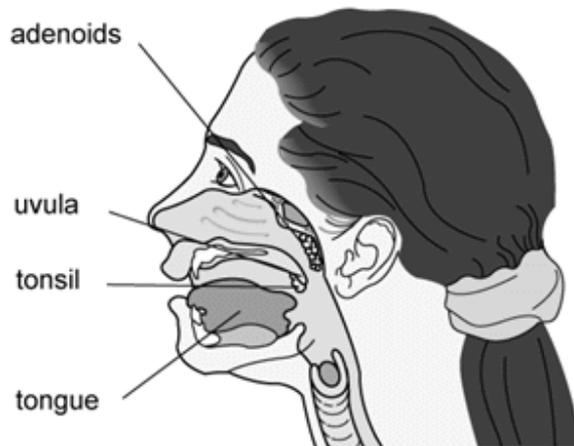
The noise produced by a high intensity snore of about 80 to 90 decibels equals to the sound produced by a vacuum cleaner or a passing freight train.

Snoring intensity can be accurately measured. Studies have been made using measurement methods which provide accurate information on snoring noise intensity. The intensity levels are related to vital statistics, clinical and polysomnographic test results.

Even acoustic measuring of snoring is done nowadays. Research also shows that the high intensity or very loud snoring can cause hearing problems to partners or the snorer himself.

SLEEP

### Tissues that can affect snoring



### Main Causes of Snoring...

#### **Obesity -**

Obesity is a major cause for occurrence of snoring. The extra fat or weight on the neck causes the airway to be blocked thereby making it conducive to snoring.

As we've noted, overweight people have a greater likelihood of snoring. In fact, many experts will tell you that being overweight is the number one cause of snoring over the entire snoring population.

Additionally, people tend to snore more violently as they grow larger. Weight gain invariably produces even more snoring and more episodes of obstructed breathing.

It should come as no surprise that losing excess weight or replacing fatty weight with muscle can reduce, if not eliminate, snoring.

Fat loss stems snoring by decreasing the amount of fatty tissue in your airways.

That's right, losing fat doesn't just mean looking better on the outside. It also means internal fat reduction and that can have a monumental impact on snoring.

A 2006 study conducted in the United States involved one hundred overweight children who were placed on exercise plans.

After ninety days of after-school activity, the percentage of children who tested positive for serious snoring and sleep-disordered breathing was chopped in half!

The children who were involved in the most rigorous of the exercise programs experienced an eighty percent decrease in problematic nighttime breathing and snoring.

Dietary changes do have an impact on snoring beyond weight loss and fitness. Many snoring sufferers have found they can minimize their problem by avoiding certain foods.

A common example of this phenomenon relates to dairy products. Non-skim dairy products have a thickness that can result in improper draining of mucus.

Retention of mucus in the throat, in turn, can increase the risk of snoring.

A simple dietary adjustment may alleviate snoring for some people.

Dietary changes and a commitment to physical fitness have been described as the “easy cure” for snoring.

Of course, that doesn't mean dropping pounds and changing your lifestyle is an easy proposition. It can, of course, be very challenging. However, it is the most effective route to eliminate snoring for most people.

It also has an obvious serious of attendant health benefits. Those who are more fit generally live healthier and happier lives in addition to avoiding the nightmares of sleep apnea and serious snoring.

Snoring can also lead to sleep apnea where the breath gets suspended temporarily due to the blockage of the airway in the throat. This causes them to gasp for breath and in turn disturbs their sleep. People who suffer from this problem have a very disturbed sleep.

It is not only they who become affected but also their partners who have to bear with the hoarse and loud sounds produced during snoring. This makes the other person very irritable, tired and losing concentration during their waking hours as they were deprived of a good night's rest having to put up with all the loud snores.

Snoring problems which are associated with obesity can be cured. All the person has to do is to make sure that he or she loses at least ten percent of their existing weight through a proper diet and an exercise regime program. When they start to lose their weight it will be noticed that their snoring habit also gets reduced slowly to eventually disappear.

A regular sleeping pattern is to be established throughout the week which helps to control snoring will while doing exercise and also eating in a healthy fashion. Try to avoid alcohol and quit smoking if you are a habitual smoker. Try to sleep on your sides as this will reduce snoring too.

If you are an obese person then it is advisable that you immediately start on a weight loss program in consultation with your doctor so that the habit of snoring which has been troubling your partner will go away forever.

## **Hereditary –**

Another cause is the hereditary factor. Genetically you may have a narrow throat passage. Narrowing of this passage while you relax and sleep may cause you to snore.

Research studies have found that children who have one parent who is an habitual snorer will themselves tend to snore than children whose parents did not snore. This study was conducted to determine the fact that snoring was asleep disordered problem.

For a person who does not smoke or drink, the main cause of snoring could be due to allergies which can cause the airway in the throat to constrict and prevent smooth breathing. Allergies can be caused due to a number of problems and in turn cause asthma, cold infections and sinus infections.

## **Allergies -**

Allergies make breathing very difficult and cause blockages in the throat. A vacuum gets created by this and this causes those noisy coarse sounds which can be really irritating to the partner who is sleeping next to you.

There have been cases where women have divorced their husbands because of snoring but what these women have failed to realize is that the snoring was caused by allergies. Snoring is considered as a symptom of an allergy.

Some of the symptoms associated with allergies are a running nose, sneezing, blocked nose, eyes which are red, a headache and snoring. These symptoms cause allergic rhinitis where the inner lining of the throat membrane gets inflamed and this causes an obstruction to the free flow of airway which leads to snoring.

Some of the causes for allergies are plant pollens especially during spring and summer, mold spores, animal fur, dust mites, and house dust.

If you are suffering from allergies then it is best that you try to isolate the cause of your allergies and take the precautionary steps like medication to prevent the allergy. This will help prevent you from snoring.

If you are suffering from allergies then it is best that you seek the advice of a doctor. The doctor will analyze your problem and isolate the cause for the allergy and will give the suitable medications to prevent further allergy attacks.

Once the allergy is under control then the snoring will also automatically stop as now there will be free flow of air to your lungs and there will not be any constrictions in your throat because of the swelling of the throat membranes. Once the cause for allergies is taken care of then snoring also reduces and slowly disappears once and for all.

## **Asthma -**

Asthma has been known to be a major cause for snoring especially in children. Asthma is a chronic disease which causes the inner walls of the airways in the throat to become inflamed and this causes the airways to become highly sensitive and react strongly.

When the airways react they become narrow and this prevent the free flow of air to the lungs and a wheezing symptom occurs especially at night and early in the morning.

Any extra mucus which may be present in the nasal passages will also obstruct air movement. When an asthma patient breathes through his or her mouth, it is the air which hits the back of the throat which causes the snoring noise.

When the nasal passages like the nose and throat get blocked due to mucus, the body realizes that it has to put a lot of effort to breathe in air to send it to the different parts of the body. This extra effort put in by the lungs creates a vacuum in the throat area where the loose tissues of the throat get pulled tightly causing the person to snore loudly.

A person who is suffering from sinus infection will find it difficult to breathe and so has to put in extra effort to take in the much needed air and that's when vibrations are created in the throat which causes snoring.

## **Ageing -**

Ageing is another factor among both men and women more so in women. Hormonal and physiological changes after menopause cause women to snore as this narrows the passage in the throat.

## **Smoking -**

If you have noticed, there are chances people who snore are smokers. When a person smokes, lungs and nose passage gets congested and also the muscles tend to relax more.

Passive smoking also creates the same problem and more often than not,

we find passive smokers all of a sudden start to snore when they sleep.

Smoking and snoring are closely related as it is a known fact that smoking causes snoring. If you are a heavy smoker then you must also be making really noisy coarse sounds while you sleep oblivious of the fact that you are being a nuisance to the other person who is sharing the same bed.

Another effective means of fighting snoring with lifestyle change is smoking cessation.

Cigarette smoking causes a swelling of mucus membranes, a swelling of throat tissue, muscle relaxation and a blockage of lung vessels. All of these represent the kind of breathing barriers that encourage snoring.

There are a million and one good reasons to quit smoking. It's an insanely unhealthy habit. One compelling reason to kick the habit is as a means of fighting snoring.

Researchers have shown that people who are consistent smokers tend to snore more. When a person smokes the airways in the throat gets affected and a lot of mucus gets collected in the throat area which prevents the smooth flow of air to the lungs.

As the amount of mucus increases, the possibility of snoring also increases. Smoking has been known to cause intense irritation in the throat area which has further contributed to snoring during deep sleep.

Smoking is known to cause the swelling of the sinuses because of the inflammation of the airways in the throat. Smoking is known to cause damage to the soft tissues which line the throat and also the tiny vessels of the lungs by causing blocks.

Nicotine found in cigarettes is one of the causes for sleep disruptions in smokers which further increase nightly snoring. Those people who snore more than 3 times a week can be classified as habitual snorers.

Researchers have found that not only smokers snored but people who lived with these heavy smokers also are affected and that they too snore. The smoke which emanates from the cigarette also affects the tissues in their airways of people who are in the same room as smokers and not long afterwards they too start to snore.

## **Alcohol Consumption -**

Alcohol consumption can cause snoring. Alcohol over-relaxes the body and encourages a collapse of the airways that represent the immediate cause of sleep apnea.

If you're snoring and you have a tendency to enjoy a few cocktails in the evening, you may want to rethink your habits. Many people find that cutting alcohol out of their lifestyle results in an immediate decrease in snoring.

## **Postures –**

This is why people need to have a good night's rest so they can be efficient during the day and take care of their work. It has been found in researches that when a snorer lies on his or her back the snoring gets louder.

When there is partial constriction in the airways of the throat which combines with the vibrations of the loose tissues in the throat and nasal passage will cause snoring. This becomes more pronounced when you lie

on your back. So it is essential that good sleeping postures are adhered to, to reduce the effects of snoring.



Make sure that your head is positioned properly to reduce snoring. When the chin is kept pressed against the chest, this will further cause snoring. Changing your sleep postures by sleeping on your sides is the only way to reduce snoring.

There are various special pillows which are available in the market which prevent you from sleeping on your back. It is advisable to get them so that people around you have a good night's rest.

## **CONSEQUENCES OF SNORING.....**

### **Sleep Apnea -**

The louder the snore the more likely it is to lead to a medical problem, say the doctors conducting sleep study. One of the worst problems associated with snoring is a condition called sleep apnea, where the person "literally stops breathing"

Lack of oxygen can cause neurological changes to the brain that affect problem solving and learning ability as well as heart problems associated with high blood pressure, while snoring at all levels results in restless sleep.

When your air passages constrict, the air flowing through them picks up speed. The faster the air, the more turbulence. Greater turbulence vibrates the soft tissues in your throat, especially, the back of your palate and your uvula, the small tongue shaped thing that hangs down at the back of your mouth. Snoring is the sound of those tissues flapping in the accelerated breeze.

To prevent snoring you have to keep those airways as wide as possible. If you have tried everything possible and you are still snoring loudly and persistently, you might have sleep apnea. Some of the symptoms of sleep apnea are:

1. Your snoring is loud and frequent, sounds irregular, and keeps others awake.
2. Your partner hears pauses in your snoring that sound as if you are not breathing.
3. When you awaken, you often have a headache and do not feel refreshed.

4. You are sleepy during the day and catch yourself dozing.

The most common type of sleep apnea is the Obstructive Sleep Apnea. During sleep enough air cannot flow into your lungs through your mouth and nose even though you try to breathe.

When this happens the amount of oxygen in your blood may drop. Normal breaths then start with a loud snort or choking sound.

Most people do not know that they have sleep apnea. Untreated sleep apnea can increase the chance of having high blood pressure and even a stroke. It also increases the risk of diabetes and the risk of work related accidents and driving accidents.

### **Treating Sleep Apnea –**

For treatment of mild cases of sleep apnea, sleep doctors recommend life style changes like diet, reducing weight, exercise etc. But for severe obstructive sleep apnea there are other modes of treatments and sometimes surgery.

There are various devices used to treat sleep apnea. One of them is the CPAP (CONTINUOUS POSITIVE AIRWAY PRESSURE). It is a machine that delivers air pressure through a mask placed over your nose while you sleep.

Then there are oral appliances designed to keep your throat open. However, while a number of medical devices and procedures are available, sleep doctors are not currently recommending them because there is not enough evidence to support their use.

## **Sleep Apnea is a common occurrence....**

According to the National Sleep Foundation, about twenty to forty percent of the adult population who snore is afflicted by Sleep Apnea.

According to a story on BBC news, nearly ten percent of men between the age of thirty and sixty suffer from Sleep Apnea.

Sleep Apnea according to the same report is also prevalent among women in the same age group and one pediatric journal has published a research which says sleep apnea is present in ten percent of the children too.

Snoring thus has to be taken seriously. One has to rule out sleep apnea as the stakes are too high. Being a life or death matter, people have to be made aware of the problems and risks associated with sleep apnea.

SLEEPAPNEA

## **NEGATIVE EFFECTS OF SNORING...**

### **Health -**

Snoring is a warning sign for health problems. This snoring disturbs both the snorer and also the nearby person. These disturbances will make the person to sleep in day time and in turn will lead to accidents etc.

At times snoring can result in High B.P (Blood Pressure), Hypertension, Stroke, Slow blood flow to the brain, Diabetes Type II and also troubles related to heart.

People who snore constantly either should be a middle aged or should be stout. If someone feels that they are snoring loudly they should not neglect to consult a physician to cure that.

**Doctors say that Snoring can cause many negative effects.**

### **Relationships -**

Sleepless nights are major problems in any individual's life. If he or she does not get a good, restful night's sleep on a continuous basis, the strain starts showing on their relationship with spouses, relatives and friends.

In fact, studies even reveal one third of respondents of a survey prefer a partner who sleeps soundly than being a talented lover. Snoring is thus dreaded by many.

According to statistics, a person who snores heavily prevents their partners from getting even three minutes of continuous sleep. They tend to wake them up at least twenty times in an hour.

These disturbances on a regular basis become a big issue as it starts showing on the person's health and energy level. They tend to be more lethargic and inactive throughout the day due to lack of proper sleep.

Snoring thus leads to a lot of problems in relationships. Being constantly disturbed from sleep, a snorer's partner usually starts sleeping in another room and on a long term basis this is not so good in a relationship.

The feeling of loneliness and isolation will develop due to the distance in conversational and physical intimacy leading to break up of relationships.

### **Impact of Snoring on Couples –**



"I WORE A WIRE LAST NIGHT TO PROVE YOU REALLY  
SNORE!"

Couples disturbed by snoring start constantly bickering at each other due to their frustration and health concern not to mention the exhaustion and tiredness.

Recently there was an article about a man named Melvin, who entered the Guinness Book of World Records with a snore registered at 88 decibels, about the same intensity as a motorcycle engine being revved at full throttle.

And his poor wife? She is now sleeping with her good ear pressed to the pillow. You want to know why? Well, the nightly revving up of the motorcycle on the other side of the bed has caused her to go deaf in one year.

There are different levels of snoring. If your wife moves out of the bedroom then your snoring is at a moderate level. But if your relatives talk about moving out of the house along with the neighbors then you are a heavy snorer!

According to a sleep research study conducted recently, men are more likely to snore than women. In Toronto, sleep researchers, Earl V. Dunn, M.D. and Peter Norton, M.D., found that 71 percent of the men snored, while only 51 percent of the women did. In an Italian study the difference was almost two to one in favor of men.

Many couples have split up or are fighting for divorce in courts, not because of infidelity or some major problem, but because they are not able to put up with the loud snoring of their partner. They complain of suffering from lack of sleep and health problems due to insufficient sleep which results in quarrels and unpleasantness.

## **There is still Hope –**

Until recently, snoring was regarded as a social nuisance rather than a medical problem. There is no answer to the question of how a man could snore loud enough to wake his wife up but not him!

Now, due to advanced research in this field, causes of snoring has been identified and if one approaches the right person, he can definitely find a cure for his malady.

Research studies have shown that if a person realizes he is obese and if he is just a moderate snorer, losing weight reduces tremendously and sometimes even completely eradicates the snoring syndrome.

According to doctors, smoking and alcohol consumption are the other two main factors which result in snoring. Regular exercise helps a lot in reducing snoring.

Working on all this helps a person to not only improve his physical health but also his mental well being. The overall appearance and outlook towards life improves tremendously and life becomes a celebration.

Couples having problems over the issue of snoring find their problems resolved and they are happily together and their life has become one happy journey.

## **Taking Professional Help –**

If there is a serious snoring problem with one of the spouses, both of them have problems. Due to lack of refreshing sleep, they are tired and frustrated and find it very difficult to carry on normal work. They also find it difficult to drive around as they feel drowsy and irritated leading to accidents both on roads and their work places.

Feeling dreadfully sleepy, they will not be able to efficiently work and give what is expected from them both at home and at their workplace.

If all this happens, it leads a person naturally towards dejection and mental depression.

Some people sleep light and some people sleep really deep. In deep sleep, the tissues in the throat loosen and the air passage is blocked more. This results in vibration of these tissues resulting in snoring. The act of snoring becomes more pronounced as one grows older.

As mentioned earlier, snorers are strictly advised by doctors to lose weight as a first step. Secondly, they are advised to stop taking tranquilizers before going to bed, stop alcohol consumption and to avoid smoking altogether as these are the major issues. They are also tested for tonsils or adenoids and if present advised to take treatment for the same. Hard pillows are recommended for sleeping.

The problem of snoring is such that it affects a person's physical as well as mental well being. This malady has to be treated immediately to avoid problem in the household due to lack of sleep in turn leading to other issues such as lowering of the immune system, constant irritation, reduction in work output, wrong decisions due to confused mind or even stroke and heart attacks.

Immediately attend to your snoring problem by taking medical advice in order to avoid problems in your life and health.

## Medical Advice

After you follow the initial advice from your doctor when you go to him for your snoring problem like reducing your weight, stop consuming alcohol, stop smoking, correcting your sleeping pose, using proper pillows, etc if you still find your problem is not solved, it is then advisable to go in for further treatments.

Usually as a next step your doctor will advise you to go in for treatments like laser operation, CPAP, appliances used orally, etc to see if the problem can be eradicated with this.

Dental mouthpieces which are used to facilitate you to breathe freely are called Oral Appliances. Once you start using an oral appliance, it is enough if you visit your dentist once in six months to make sure it is fixed properly.

UPPP (Uvulopalatoharyngoplasty) is the surgery that is usually done if required to set right this problem. Patient will have to get admitted in the hospital for some time and this surgery is done under a local anesthesia. They remove the extra tissues creating problems through this surgery. It usually takes about three to four weeks to completely recover.

Surgery done using laser beam to get rid of extra tissues like the uvula is called the Laser assisted uvulopalatoplasty (LAUP).

Laser surgery is not done on patients who do not have a major snoring problem. Only people who snore really loud and have an actual problem are advised to undergo this surgery. Sleep apnea also cannot be treated with laser surgery.

Somnoplasty which uses low power radio frequency to remove extra tissues with local anesthesia is another procedure for treatment of snoring.

Some people are asked to wear a nasal mask called CPAP which is a treatment for sleep apnea.

### **Medical Instructions simplified -**

- Reduce weight to decrease troubling tissues in throat and stop snoring.
- Correct your sleeping postures thereby not allowing your tongue to drop backwards. You can use obstructions on your back which will not allow you to lean back while you sleep.
- Use strips on your nose to inhale more air in your mouth.
- Take immediate treatment for allergies and blocks in your nasal passage due to septum. You can use nasal sprays to aid you in this.
- Do not let your nervous system be affected by consuming alcohol or taking sleeping pills or even smoking before you go to bed. This will tremendously help in reduction of snoring.
- Keep your head at a higher angle and avoid huge pillows. These tips will help you reduce your snore.
- If you haven't yet visited your physician knowing you snore, please do not wait. Get help immediately. The more you snore, the more health problems you have. So take action now.

## **Sedatives and snoring**

Some people resort to sedatives and sleeping pills hoping it would control snoring and make them sleep better. But what they do not know is that sedatives can actually aggravate their snoring problem!

Anything that causes sedation like sleeping pills or alcoholic beverages, relax the muscles around the throat, including the tongue and uvula. They tend to suppress your breathing drive, according to a research conducted at a Sleep Disorders Center in Columbus, Ohio.

Sleeping pills like Diazepam (Valium) relax your muscles and slacken tissues in the back of your throat, say the doctors. The elderly and sufferers with heart, liver or kidney problems should avoid these drugs.

The effect of these drugs is unpredictable and may be cumulative. They also carry the risk of dependence and their benefits may be outweighed by the long-term disadvantages of making the sufferers permanently dependant on them.

And the drowsiness caused by the sedatives can result in work related or driving accidents too. There is also the risk of over dosing which can be dangerous.

Stay clear of sedatives and you will be less inclined to snore through the night. So instead of viewing sedatives as an option for snoring and sleep apnea, it is better to seek medical advice as there are various safe treatments available now for controlling the snore.

## Non Surgical Treatment of Snoring

Though there are methods to deal with snoring through surgery which can not only be painful but also involve lots of money it is better to look at the non surgical methods which are there to help the snorer overcome the problem of snoring.

Snoring can be treated in a number of non surgical ways. Here's some of them for you to follow if you also face the problem of being snorer and do not know how to go about getting rid of it .

First try to resort to drug therapies like saline sprays. You can also become more aware of what's causing those food allergies and try to avoid those foods. This will help decongestion and facilitate better breathing.

If you are overweight then start a diet plan and exercise more so that you begin to lose all that extra fat tissue around your neck and chin and helps tone the skin there.

Correct your sleeping postures by using a Sandler pillow so that you can change your sleeping your nasal passage are clogged and contain plenty of mucous then use nasal sprays which will help to open up the airways.

Nasal dilators also help to ease the airways so you are able to breathe through your nose much more easily.

Another way to prevent you from sleeping on your back is to use snore balls. Do simple throat exercises to relieve any congestion or obstruction in your throat.

There are many non surgical alternative therapies which can relieve you of snoring like Chinese medicine, magnetic therapy, practice relaxation techniques, have warm beverages before going to bed, Homeopathic medication, Hypnosis etc.

It has been found that taking a small amount of honey with warm water at bedtime helps to coat the walls of the trachea and is an excellent anti-snoring drink.

There are herbal teas which contain chamomile or other herbs which provide you with a relaxed sleep. Take herbal teas that help to decongest your airways as this will prevent snoring.

## **CONSULTING THE DRUGSTORE**

### **Self Cures**

The only way to prevent snoring is by keeping the airways as wide open as possible. Here are some self cure tips that could be tried to control your snoring.

If you are overweight, lose weight. Carrying around a lot of extra pounds means that the person has fatty throat tissues, thus a smaller airway, according to a sleep study doctor.

Stop smoking. Smoking narrows air passages by making the tissues swell. Smoking is always connected to snoring.

Limit alcohol and sedatives. They depress the central nervous system causing excessive relaxation of muscles including the tissues in the throat. Sleep on your side.

People who sleep on their backs are more likely to snore as your tongue falls back towards your throat, partially blocking your airway.

To ensure you don't sleep on your back, stitch a tennis ball to the back of your night shirt. This will prevent you from rolling on to your back when you are sleeping.

Eat early and light. Avoid late dinners and rich food. Avoid dairy products which cause mucus build up before going to sleep. Try taking some honey before sleeping.

Inhaling steam before sleeping will open up airways and moisturize the throat. Sleep on a firm pillow.

Use nasal strips before going to sleep. They will open up your nostrils and allow more inflow of air and thus reduce snoring.

Treat your allergies. Sometimes snoring can develop due to allergies or colds. Use a nasal decongestant.

Yoga and deep breathing exercises are helpful in controlling snoring.

Once the snorer decides to work on his or her problem which is causing snoring he or she will begin to lead a much healthier lifestyle.

They will start to eat more healthy food and exercise regularly and with intensity to reduce all these extra fat deposits, avoid drinking alcohol, and quit smoking which is very harmful to health.

By isolating these factors which cause snoring and working on them will begin to have a good effect on the health. This will help them to live longer

## **Cures from Ancient to Modern -**

Snoring is a syndrome which has been in existence from time immemorial. For ages now, people have been trying to find a cure for either themselves or their partners.

In olden days, people who snore were advocated not to sleep on their backs.

As we have seen earlier, sleeping on their backs results in closure of airway which is already blocked quite a bit and the problem can be set right to a certain extent by just changing their position of sleep.

People of the olden days developed the strategy of tying spools of threads to their pajamas so that the snorer will not be able to sleep on their backs even by mistake.

Herbal medicines and other age old tactics have also been advocated by ancient people. Folk remedies have been quite effective in treatment of snoring disorders from time immemorial.

Today's herbal cures are all based on these age old formulas. Today technological development and curing solutions have been developed with foundation from ancient times.

The patent office papers are proof that solution for snoring has been advocated constantly over a period of innumerable number of years.

Today's CPAP machines are a much advanced version of the Rue Goldberg devices of those times.

Searching for a snoring cure is thus a continuous process going on for centuries.

## **Remedies from the Stores -**

Snoring looks to be a simple and common problem and people thus tend to avoid going in for medical treatment. They normally try out some kind of a self cure or go in for across the counter solutions.

Many of these products are not very effective in treatment as they claim and people just waste their precious time trying them out.

In fact, it has been proved that anti snoring products do not provide for a permanent cure.

All this however does not make these products totally useless. Some people have reported reduction in snoring on using these remedies. You can definitely find temporary relief if not permanent cure from these remedies.

Snorers and their partners go around all the time looking for various solutions and trying them out in the hope of getting at least a single night's restful sleep. Magic remedy for snoring has not yet been found though.

There is a wide range of solutions to the problem of snoring is available for those of you who want to combat the disorder on their own –

- One of the popular means of taking on the problem of snoring are the Nasal strips. These are devices which look like Band-Aids. They have to be placed on the nose like on a fulcrum. This tends to make the person lift their head to balance this and this outward projection of the face results in increase of air flow in the nasal passage. This method provides relief to a lot of snorers increasing their ability to breathe and decreasing their snoring considerably. The cost factor is a concern though as buying these strips on a long term basis may prove very expensive. It is also quite frustrating to place these on the nose on a regular basis.
- Herbal pills are also available for treating snoring disorders. These pills work on decreasing nasal congestion and fights congestion of the airways. Some people claim to be satisfied with the use of these pills but there is nothing concretely effective about this. There is one disadvantage in using these herbal pills. They are not tested by any government agency and hence are not hundred percent safe. There may be adverse reactions creating unwanted problems and side effects.
- Throat sprays are another remedy which is popularly used for snoring disorders. This works on the principle that a lubricant reduces friction and thereby vibrations created between the uvula and soft palate. Manufacturers claim this is really effective and people have also found some kind of a relief after using this throat spray. Logically this seems to be very effective though the effect does not last long. Throat sprays are also available with herbal blends.
- Devices like wristbands which vibrate while one snores making the snorer automatically change position. Manufacturers claim that a person can be trained to maintain the correct sleeping position. These approaches though are not very effective on a long term and permanent basis. Many snorers naturally are lured by attractive across the counter cure for their malady. Since these cures are affordable and save those huge medical bills and hassle of visiting doctors, people are attracted to these types of remedies.

When one decides to combat snoring with these systems, they should keep in mind that snoring can be a serious medical issue. Although one may find relief by finding a product that's a "perfect fit," problem snorers are always advised to seek professional medical opinions.

### **Can a pillow stop you snoring –**

A clinical trial carried out by Dr. Geraldo Lorenzi Filho and Pedro Rodrigues Genta found that elevating the head of the bed by 7 degrees reduced AHI (Apnea-Hypopnea Index) by over 30%. A study by Harvard University found that using a wedge pillow of 8" height reduced snoring in over 80% of subjects. These results are very promising and the use of a wedge pillow or a bed that can be elevated at the head could help remove or relieve snoring and sleep apnea.

SLEEPNIGHT

## **Find out if you are Snoring –**

Snoring is not only embarrassing but it also prevents others in the house from having a peaceful sleep. Partners who sleep with snorers can find this really annoying as it prevents them from having a good rest at night. This further adds to relationships collapsing even leading to divorces.

This can be diagnosed by an interview with the patient and anyone who is disturbed by the patient. The partner is usually questioned to know more about the patient and his problem.

The diagnosis comprises of gathering a medical history based on alcohol use, past history of any ENT problem and the pattern of snoring and physical examination to identify the cause of this problem.

The examination is done to find out obstruction or any malformation of the throat. If there is a doubt that this snoring is a symptom of a serious disorder like OSA (Obstructive Sleep Apnea) then the patient is considered for further testing. This study is called the Polysomnography study.

Polysomnography is done in a sleep study centre and involves one whole night examination of the patient for the airflow through mouth and nose, blood pressure, ECG activity, oxygen level in the blood, brain wave pattern, movements of eye and respiratory muscle and limbs.

During the test the patient sleeps at the sleep study lab and the sleep is monitored in numerous ways to arrive at a conclusion. One of the ways the patient is monitored is by the EEG which is electroencephalography.

Here the electrodes connected to the patient's scalp to record the brain wave activity. This records the waves from different parts of the in the

form of a graph. This is also helpful in finding out if the patient is prone to seizures.

Sleep is monitored in another way which is continuous EOG (electro-oculography). This captures the eye movements of the patient and it is used to determine the one stage of sleep called REM sleep.

REM stands for rapid eye movements. Both the EEG and EOG are helpful in assessing the sleep patterns and thereby analyzing the sleep completely.

Thermistors are the devices used for measuring the airflow through the patient's nose and mouth. These are heat-sensitive devices. This can detect various forms of sleep apnea.

The test called pulse oximetry is used to measure the amount of oxygen in the blood and helps to find out whether there is any deprivation of oxygen during the episodes of apnea.

The ECG is used during the time of sleep for measuring the electrical activity of the heart. Electrodes connected to the patient's chest and the surrounding area will show the electrical activity of the heart by means of wave impulses which are graphed. Blood pressure is also measured and in some cases the limb actions are also monitored.

## **SURGERY TO TREAT SNORING**

When the problem of snoring really takes a serious turn, it is then that people resort to surgery.

People are under the false impression that surgery will effectively stop them from snoring in future. What they forget is to isolate the factors which have actually caused them to snore in the first place and to work on these factors so that they eventually stop snoring.

Snoring surgery involves the method where any extra tissue which is clogging the passageway which hinders free airflow is removed. The trachea which is constricted is freed from the constriction by surgical methods. People feel that if surgery is done then they are free from snoring. That's untrue.

More than resorting to expensive surgery it is better that the person takes a look at his or her lifestyle. First ask yourself the following questions. Are you overweight? Do you smoke excessively? Do you also drink excessively and that too just before bedtime? Do you have allergies? Are you suffering from Asthma or and nasal infections or sinusitis? Do you have good sleep postures?

Surgery will only temporarily fix the snoring problem but getting at the root of the factors which actually cause snoring and trying to find help and working on it will help solve the problem of snoring.

It is believed that surgery can actually lead the person to have sleep apnea which is very dangerous. So if you are interested in getting rid of your snoring problem once and for all then find the root cause and start working on it.

It is non surgical methods like weight reduction by diet and exercise, quitting smoking and drinking and taking preventive measures against allergies which help cure snoring.

As such snoring surgery has not been very effective in dealing with the problem of snoring. Surgery costs are also expensive and there is certainly a lot of pain involved in the whole process.

If it is palate where there has been extra tissue growth and needs surgery then this form of surgery of the palate will indeed be a painful experience and it will depend solely on each individual's ability to withstand pain and discomfort.

Another form of treatment called Radio wave treatment of the palate which is sub mucosal radio wave palatoplasty in medical terms will cause discomfort to the patient for around two to three days after the surgery has been completed.

The patient will also be able to return to work immediately the next day after surgery but with minimal discomfort which can be subdued using mild painkillers. This is the only surgery which is of minimal pain.

The most discomforting surgical procedure is called Laser palatoplasty. In this surgical procedure, the operation by itself will be pain free as a local anesthetic is used but the pain begins immediately thereafter once the anesthetic wears off.

## **Does it pain??**

The pain begins slowly in the evening of the surgery and will begin to build up over the next two or three days and can last up to ten days after the surgery is over. If the patient is lucky the pain may wear off in seven days itself.

The pain arises because the surgery involves laser removal of the surface lining of the palate or mucosa. There is no other way of controlling the pain then to take painkillers.

So if you are considering snoring surgery then it would be advisable for you to take into consideration your ability to withstand pain.

Depending upon the surgery you may need to stay at the hospital post surgery.

## **Cost of Surgery**

Surgery expenses can be anywhere between 2000 dollars to 5000 dollars depending on the number of days you may have to stay in the hospital.

Though a significant amount will be reimbursed through Medicare or Private insurance the rest has to be borne by the patient.

A number of insurance agencies do not cover expenditure or even reimburse the amount spent on snoring surgery. But most agencies cover surgery to rectify sleep apnea though.

## **LACK OF SLEEP AND ITS IMPLICATIONS**

Sleep deprivation is not a matter to be taken lightly. Apart from losing out on sleep either due to their or their partner's habits; they also lose out on sleep worrying about the dangers of snoring.

They worry about the reasons for it imagining the worst like sleep apnea, heart problems, strokes, etc. They may also get unduly tense over whether they would stop breathing during their sleep.

Apart from the symptomatic risks of snoring, problems arising from sleep deprivation are also many. There are many problems that arise from losing out on precious sleep –

## Short Term -

- A person deprived of sleep shows lack of alertness and consequently a decrease in performance levels. If your night sleep is even reduced by a hour and a half, your alertness level apparently reduces by at least 32%.
- Decrease in alertness and feeling constantly sleepy throughout the day reduces your memory and your grasping ability. Thinking and processing information also becomes slower.
- Lack of sleep in couples on a regular basis due to snoring creates problems in their relationship. Mood swings and crankiness creates constant friction leading to misunderstandings and fights. This sometimes even causes a break in their relationship.
- Over a period of time, a person who lacks in good sleep on a regular basis will not be able to attend and enjoy programs like movies, child's school play or even watching your favourite TV Shows.
- Lack of sleep leads to possible occupational Injury.
- Drowsy driving results in automobile crashes leading to injuries and even sometimes fatalities.

## Long Term -

Long term sleep deprivation due to snoring leads to a lot of clinical

consequences. Sleep disorders lead to –

- Increase in High blood pressure
- Onset of Heart attack
- Possible Heart failure
- Paralytic Stroke
- Weight gain or Obesity
- Depression and mood disorders and other Psychiatric problems.
- Disorder related to Attention Deficit
- Mental disorders
- Problems during pregnancy and retarded growth of the child.
- Getting injured in accidents related to drowsiness.
- Injury from accidents
- Reduced quality of life.

Studies even show that sleep deprivation leads to greater mortality than even smoking or high blood pressure or even heart diseases. Among elderly men and women, lack of sleep even leads to institutionalization.

Even if other medical risks didn't exist (and they certainly do), the challenges posed by the sleep deprivation associated with snoring would be reason enough to take action.

The consequences of sleep deprivation are particularly worrisome because they don't just affect the snorer. The snorer's sleep partner can experience all of these dangers simply by virtue of trying to spend a night in bed with the snorer.

## **What does Snoring mean medically??**

We have now analyzed the risks of sleep deprivation due to snoring disturbances. Negative medical repercussions of snoring do exist and

there is enough evidence and records to prove this.

- Researchers have proved snorers sometimes even those who do not have sleep apnea are more prone to life threatening diseases and heart attacks and strokes.
- With the reduction in oxygen flow, body and brain is deprived of oxygen thereby leading to even premature death. Life expectancy of snorers is usually lesser than non snorers and this is apparently due to this oxygen deprivation.
- Type II diabetes is also linked to snoring. People who snore are more prone to this type of diabetes than those who sleep silently.

Snoring is not just a little noise after sunset. It can be quite a serious matter warranting immediate attention.

## **Sleep well and Snore less....**

Snoring drastically decreases the amount of restful sleep we get as we have already seen. Interestingly, that very lack of rest may be one reason why one is snoring in the first place.

This is how it works – Unstable breathing is likely in two stages - The first stage of sleep, right as you drift off is one of them.

REM sleep (this is the part of sleep in which most people dream) is the other.

If a person is not in deep sleep, he will most likely not even pass through

the first stage of restful sleep. He will just be in and out of the first stage when he is most vulnerable to snoring.

This cycle is very vicious. Snoring does not allow you to have a restful sleep and this very state instigates you to keep snoring.

The only solution to this is to make sure you get good sleep at any cost. You must also make sure you sleep the required number of hours peacefully. Depriving yourself of sleep due to snoring is what leads to problems.

If you make sure of enough and good sleep, your snoring will not bother you anymore.

## **Causes and solutions reinforced –**

### **Snoring is mostly due to medical problems.....**

Call your doctor right away if you awaken at night confused. Also call your doctor if you have:

- Excessive daytime drowsiness, morning headaches, recent weight gain, awakening in the morning not feeling rested, or change in your level of attention, concentration, or memory
- Episodes of no breathing (apnea) -- your partner may need to tell you if this is happening

Children with chronic snoring should also be evaluated for apnea. Sleep apnea in children has been linked to growth problems, ADHD, poor school performance, learning difficulties, bedwetting, and high blood pressure.

Most children who snore do NOT have apnea, but a sleep study is the only reliable way to tell for sure.

Usually snoring is a prerunner and indication of some problem or medical condition. A few potential causes include -

- Asthma – People suffering from Asthma usually snore and this can be treated by treating the condition. Curing one of asthma will definitely cure them of snoring.
- Allergies – People who are allergic to animal dander, pollen and other airborne particles develop blockage in their nasal passage causing them to snore. Treating them for allergy usually cures them of the problem of snoring.
- Throat blockages – Blocked throats due to adenoids or tonsils cause people to snore. Treating the condition can greatly reduce snoring in such cases.
- Medical Conditions – Conditions like diabetes and thyroid can also cause a person to snore. Medical attention has to be sought immediately in such cases to treat these ailments and thereby curing them of snoring.

It is advisable not to ignore your body when it snores and tells you something is wrong. Some of the causes of snoring may not be life threatening, but do not take it light. There are cases where the conditions have been fatal.

If treated at the right time, you can cure yourself of snoring and of the cause.

snorers should seek professional medical assistance.

## **Medicines also cause snoring....**

By now you know there are innumerable things which block the airway passages and cause a person to snore. We have also discussed the various medical problems associated with snoring.

You must also be aware though that sometimes, the medicines that you take to cure a certain ailment can also cause you to snore.

Here are a few medicines which cause a person to snore -

- Antihistamines – This medicine relaxes the muscles of the throat and makes you snore heavily. Collapsing of the airways results in snoring.
- Muscle relaxants – As the name suggests, these medicines again relaxes the muscles and this over relaxation constricts the air passage causing the person to snore.
- Pain medications – Medications prescribed by your physician for pain again results in over relaxation of muscles causing a person to snore.
- Some other medicines prescribed for various ailments cause some side effects which results in snoring.
- Other prescription drugs may have side effects that encourage circumstances conducive to snoring. You should contact your doctor with this problem and ask him for an alternative.

Snoring all of a sudden should alert you to check on the medicines that you are currently prescribed. In case of a problem, you should contact your doctor.

There may be cases where you cannot avoid the medicine prescribed as that may be a life saving medication.

In cases otherwise, medicines have to be changed or alternated in order to cure the sideeffect.

## **Snoring in Pregnant Women...**

Snoring in a pregnant woman is a sign of pre-eclampsia. This is a condition of hypertension, swollen limbs and excess protein content in the urine.

Snoring during pregnancy can also be indicative of toxemia. There is a marked increase in blood during pregnancy to nourish the baby. Due to this, the blood vessels also become enlarged.

When this happens in the nose and throat, the mucus membranes start bloating which in turn causes an obstruction making it difficult for her to breath and causing her to snore.

Studies have thus shown that there is an increase in snoring during pregnancy. Statistics show around twenty four percent of women snore

during the last three months of pregnancy. Excessive weight gain during snoring in itself causes a woman to snore.

Pregnant women tend to have babies with a lot of difficulty. Babies are born with low birth weight and lower APGARs.

A pregnant woman can follow a few things to sleep well at night. Avoiding caffeine as this narrows the airways causing more snoring is a good idea.

Sleeping in the correct posture is another thing which will reduce snoring. They can even apply nasal strips which are easy to use and quite inexpensive.

Finally, if the problem of snoring still persists, it is a good idea to contact your doctor immediately.

## **Snoring in Children**

A lot of children snore. According to statistics, about 3 to 12 percent of preschool children snore. Majority of these children have no other symptoms other than this primary snoring.

If the child just snores and does not have OSAS and does not feel sleepy throughout the day, then he should be alright. It means he has normal sleep patterns.

Children who suffer from OSAS usually have disrupted and disturbed sleep with gasps, snorts and short pauses in their sleep. These children may also exhibit short attention span, problems at school and behavioural problems.

Other symptoms include –

- large tonsils and/or adenoids with frequent mouth breathing, hyponasal speech and nasal obstruction
- poor weight gain
- being overweight
- high blood pressure

After assessments, if it is confirmed that your child is suffering from Sleep Apnea, you will have to discuss treatment options.

Usually treatment for children includes removing enlarged adenoids and tonsils.

Other treatments include child's allergy treatment and helping the overweight child to lose weight.

CPAP therapy with a nasal mask is another treatment option for children who can't have surgery or who continue to have obstructive sleep apnea after their adenoids and tonsils are removed.

Doctors who are specialists in treating children with OSAS include pediatric otolaryngologists (ENT specialist), pulmonologists, and neurologists.

If your child is diagnosed with sleep apnea by his Pediatrician you will most probably be directed to one of these specialists by him.

Being sure to find one who has experience is very important.

## **APPLIANCES AND INSTRUMENT FOR SNORING CURE...**

### **Dental devices –**

Anti snoring devices are very popular with the American population as a huge percentage of them are chronic snorers.

In fact, if you have the tendency to sleep idly any time of the day, you may have to wear these devices all the time.

Dental devices are popular as a snoring cure because people find those safer than going in for surgeries. These devices are available at all dentists. These devices are also custom made and fit you comfortably and perfectly.

The anti snoring devices have a very simple “mechanism”. When you wear these devices it positions the jaw forward and the tongue moves along with it. This does not allow the tongue to fall backwards into the throat thereby allowing free flow of air in the passage. This in turn reduces snoring.

Though these devices are quite effective, they are not very cheap. There has been talk of providing these anti snoring devices across the counter for free. However as of now they are only sold on prescription. This is one of the reasons why people have to go to their dentist to get one made for them.

The boil and dip varieties are available in other countries which can be dipped in hot water and moulded to fit into your mouth. Before going in for

expensive custom made devices, you can try these out first and then decide once you know it works for you.

It is advisable to assess the extent of your snoring problem with your dentist before going in for these appliances as these work only for certain types and levels of snoring.

There are people though who feel you can pay any amount to find a solution to the snoring problem and get a good night's sleep.

## **Continuous positive airway pressure (CPAP)**

Nasal CPAP is a device which sends air into your nasal airway through either a nasal mask or a pillow. Though the mask does not actually breathe for you, it creates pressure for you while you inhale to enable you to keep your airway open.

CPAP is considered to be a very effective nonsurgical treatment for the cure of the snoring syndrome and obstructive sleep apnea.

In case you need to, you may have to wear your nasal mask every night on advice of your otolaryngologist. There are some lifestyle adjustments which need to be done by you. You will have to work on losing weight, stop smoking and start regular exercising.

Tracheotomy, which is creating a temporary opening in the windpipe, was a popular mode of treatment some years back which is now replaced by the nasal CPAP. The CPAP treatment in most cases eliminates the need for surgery as it is 100% effective when used properly. It does not cure the problem though.

You are a prime candidate for CPAP if you are suffering from sleep apnea.

Your otolaryngologist will make an assessment by asking you some questions like –

- How loud and disturbing is your snore?
- Do you feel sleepy during the daytime?
- Do you frequently wake up during the night?
- Do you frequently feel breathless during sleep?
- Do you feel tired all the time and have headaches in the mornings?

After assessing your condition, the doctor will decide whether the CPAP will be suitable for you to use.

Before receiving the nasal mask, you would need to have the proper CPAP pressure set during a "sleep study." This will complete the evaluation necessary for prescribing the appropriate treatment for your needs.

### **An Unexpectedly Good Appliance...**

While the Dental devices and CPAP are medical findings specially designed to prevent snoring, there is a device in Australia which is very interesting and different called the Didgeridoo which also fights snoring.

The didgeridoo has been used by the Australian aboriginal population as a part of its musical tradition. This instrument which is an elongated wooden wind instrument produces a deep sound which is unique. It also apparently fights snoring.

The manipulations that have to be made to the breathing process to play this instrument strengthens the airways. This relieves snoring in people.

If you are looking for a non medical cure for your snoring and if you are a lover of music, you may be interested in picking up this interesting instrument.

## **SOLUTION BY SURGERY...**

### **Surgical Procedures..**

In extreme cases where there is no other solution, a person may have to go in for surgery to cure his snoring malady.

There are a variety of procedures of surgery and the one suited to you will be determined by the doctor after doing a thorough assessment of the extent of your problem.

The basic idea of all the procedures though is to remove excess tissues from the airways enabling you to breathe more freely.

## **Somnoplasty**

Somnoplasty is a medical treatment approved by the Food and Drug Administration (FDA) to treat three conditions: Habitual snoring, chronic nasal obstruction, and Obstructive Sleep Apnea (OSA).

This procedure uses radio frequency (RF) energy to shrink the problem creating tissues.

Somnoplasty is a procedure lasting for about 30 to 45 minutes and is just an out-patient procedure.

This procedure is done under local anaesthesia where an electrode is used to deliver RF energy under the tissue surface. This electrode provides a controlled, low-power RF which creates coagulative lesions beneath the mucosa of the areas to be treated.

Some of the targeted areas are –

- Turbinates for chronic nasal obstruction
- The soft palate and uvula for habitual snoring
- The base of the tongue for obstructive sleep apnea

The lesions are restored naturally after a period of 6-8 weeks thereby reducing the volume of the tissues by stiffening them. This enlarges the airway allowing free flow of air. Patient has to go through follow up treatments though.

## **Uvulopalatopharyngoplasty (UPPP)**

Uvulopalatopharyngoplasty or UPPP, is a surgical process which removes

the uvula and all or part of the soft palate.

This surgery when performed using a laser is referred to as "LASUPPP" for short by the doctors. This procedure when done helps stop snoring or sleep apnea.

After UPPP, the throat usually swells. In order to widen the airway, surgeon may have to insert a tracheotomy tube in your throat through an incision in the neck.

Alternatively, an endotracheal (ET) tube may be passed through your nose or mouth and down the throat. Once the swelling subsides, the tube is removed.

## **Tonsillectomy and adenoidectomy**

Tonsils are usually located at the back of the mouth on the side of the throat. They are small, round pieces of tissue.

Tonsils are considered normally to fight antibodies thereby reducing infection.

Tonsillitis occurs when the tonsils become inflamed from infection.

This inflammation also blocks the passage thereby causing the person to snore.

Adenoids are lymph tissues located in the space which is above the soft roof of the mouth. Adenoids are quite similar to tonsils.

Though Adenoids also help to fight infections, they cause many problems including snoring when they become infected or enlarged.

The reasons for going through tonsillectomy and adenoidectomy

surgery is not well defined. Surgeons differ in their viewpoints.

The following are usually the reasons for a surgeon to recommend tonsillectomy and adenoidectomy –

- sleep apnea which causes difficulty of breathing at night
- problem with swallowing
- tumour in the throat or nasal passage
- bleeding from the tonsils that cannot be stopped
- significant blockage of the nasal passage and uncomfortable breathing

## **Nasal septoplasty**

The Nasal Septoplasty is generally performed on an outpatient basis with IV sedation or general anesthesia. The procedure takes approximately 30 minutes. A small incision is created inside the nose and cartilage and bone is inspected and specifically treated appropriately.

Bony spurs are trimmed or removed if present. The cartilage is morselized and straightened back to its original position.

Bone is also manipulated to the center to achieve reasonable straightening and better nasal airflow. Sometimes small splints are placed internally to support the septum. These are removed simply in a few days time. Packing is not required.

Nasal septoplasty is commonly performed with other procedures. The most common procedures include turbinate reductive surgery for additional improvement in nasal breathing; also endoscopic sinus surgery is quite common to achieve improvement for chronic sinusitis.

Reconstructive or cosmetic rhinoplasty is often performed at the same time as septoplasty depending on each individual's needs.

After septoplasty individuals usually go home the same day. There is a mild discomfort in the nasal area for 24 to 36 hours after the procedure.

Oral pain killers are generally effective in reducing postoperative discomfort. Ice packs are placed around the nose and cheek area for alleviation of the mild discomfort.

Individuals are able to resume reasonable activities after three to four days and can go back to work after five to seven days. Nasal irrigations and nasal supplemental steroid sprays are used continuously until the healing process is complete.

## **Nasal Polypectomy**

Nasal polyps are another common condition seen in the nose. Their exact cause is not known but they represent the end point of an inflammatory process, which affects the whole of the nose and sinuses.

A polyp is a protrusion of the lining of the sinuses into the nose, treatment therefore requires the underlying inflammatory condition be identified and treated as well as possible mechanical removal of a polyp if it is causing obstruction either to the nose or to the sinuses.

Surgery therefore is not an alternative to medical management but only one part of the treatment. Sometimes small polyps can be removed easily

in out patients under local anesthetic, however often they require removal under general anesthetic.

There are various ways of removing these, each of which has its advantages and disadvantages and the preference of each individual surgeon has some part to play.

As with all nasal operations you must try and avoid any form of packing although this is occasionally necessary. Post operative nasal douching is often very comforting and one must never forget the long-term medical management of the inflammatory process underlying the condition.

## **CONCLUSION**

### **In a Nutshell.....**

Snoring is not a trademark of the older generation and obese people but has also affected the younger generation.

All measures of treatment have to be assessed and researched before settling down on one which suits you and does not cause any side effects.

Apart from medical remedies, natural remedies can also be opted for to solve the problem of snoring.

Following the below given tips can help you cure the problem with ease and confidence –

- One of the most effective methods for eradication of snoring is to remain healthy and fit in your life. You will have to stop alcohol consumption, smoking and eat healthy and nutritious food on a regular basis.
- Stop taking Sleeping pills as they are usually causes for snoring. Having a relaxed night sleep is very important. Another solution is to have positive thoughts all the time which aid you in having a wonderful, snoreless sleep.
- Meditation along with yoga has proved to be very good for your health and it provides you with a lot of tranquillity and relaxation. Regular yoga with breathing exercises go a long way in reducing your snoring problem.
- Inhaling steam can be a good remedy before going to bed. The chief reason for snoring is the blockage of your airways. Your nasal passage is cleared by inhaling steam.
- Try changing your sleeping posture. Try sleeping on your side and raising the level of your head by at least four inches from the bed which gives you a better sleeping posture.

These natural initiatives have absolutely no side effects and have shown very good results.

### **Dogs Snore.....**



Take heart...You are not the only snorer...Dogs snore too...read on...

Many breeds of dogs which have soft palates hanging at the back of the throat especially those with faces compressed snore. The soft palate interferes with the larynx.

Another reason for a dog to snore is an allergic inflammation in the throat.

Snoring is more pronounced if the dog's nostrils and larynx are narrow.

Snoring may not seem like it is such a big problem in your pet, but it is better to take them to a vet for a checkup.

If your dog is a Pekingese or a Pug, snoring may indicate a heart problem.

Your pet may have to go in for a surgery to reduce soft palate length in order to reduce or eliminate snoring.

## **CONSUMER REPORT ON DO ANTI SNORING PRODUCTS WORK...**



Snoring plagues millions of Americans every time they go to sleep, but there are over-the-counter products that claim they can help. *Consumer Reports* recently checked up on some of those claims.

## **SNORING**

Some of the products that claim to relieve snoring problems are Snorenz, Snore Relief, Never Snore and Breathe Right Nasal Congestion Relief.

*Consumer Reports* looked at two different types of products: plastic strips that are put on the nose to open nasal passages and sprays that are squirted in the back of the throat.

"Some sprays say they work by moistening the soft palate. Others claim to work by firming up loose tissues at the back of the throat. But we've found

no published scientific evidence that these sprays stop snoring," said *Consumer Reports* spokesman Dr. Marvin M. Lipmann.

As for the strips, the Food and Drug Administration has allowed several products, including Breathe Right, to claim that it "reduces snoring." So *Consumer Reports* said the strips may be worth a try. But there are other options that don't cost a thing.

"Losing weight and stopping smoking can certainly help occasional snoring, so can avoid alcohol at bedtime," Lipman said. Men are twice as likely to snore, until about the age of 50, when women catch up.

*Consumer Reports* said snoring can be an indicator of a serious health problem. People who snore loudly almost every night or wake up gasping may have sleep apnea -- a serious breathing disorder. Sleep apnea can increase the risk of heart attack and stroke.

*Consumer Reports* said no over-the-counter remedy will help with sleep apnea, and people with that problem should be evaluated by a sleep specialist.

## **Another Consumer Report on –**

### **Little evidence for effectiveness of anti-snoring products**

A study by the consumer magazine *Choice* has found that many anti-snoring products lack good scientific evidence that they actually work.

The magazine consulted sleep experts and reports of research studies on the effectiveness of nasal strips, aromatherapy and homeopathic products.

The reviewers found that while nasal strips may help a limited number of people, the evidence in favour of nasal strips was too contradictory.

The research found no solid evidence of the effectiveness of

aromatherapy or homeopathic treatments.

The article concludes that lifestyle changes such as losing weight and quitting smoking were the most successful treatments for snoring, and also mentions other treatments that can be used.

HealthInsite has a topic page on sleep apnea that includes links to information on snoring and sleeping well.

## **Resources -**

U.S. Food and Drug Administration (FDA)  
5600 Fishers Lane  
Rockville MD 20857-0001  
1-888-INFO-FDA  
[www.fda.gov](http://www.fda.gov)

National Center on Sleep Disorders Research  
Two Rockledge Centre, Suite 10038  
Washington, DC  
<http://www.nhlbi.nih.gov/about/ncsdr/index.htm>

U.S. National Heart, Lung, and Blood Institute  
6701 Rockledge Drive, MSC 7920  
Bethesda, MD 20892-7920  
301-435-0199  
[www.nhlbi.nih.gov/about/ncsdr](http://www.nhlbi.nih.gov/about/ncsdr)

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