



Facts About

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Snoring is a common condition that can affect anyone, although it occurs more frequently in men and people who are overweight. Snoring has a tendency to worsen with age.

Occasional snoring is usually not very serious and is mostly a nuisance for your bed partner. However, if you are a habitual snorer, you not only disrupt the sleep patterns of those close to you, but you also impair your own sleep quality.



Why Do People Snore?

Snoring occurs when the flow of air from your mouth or nose to your lungs makes the tissues of your throat vibrate when you sleep. As you breathe, your soft palate and uvula vibrate and knock against the back of your throat. This causes the raspy noise you hear during snoring.

What causes snoring?

Snoring occurs when the flow of air through the mouth and nose is physically obstructed. Air flow can be obstructed by a combination of factors, including:

- **Poor muscle tone in the throat and tongue:** When you sleep. The muscles in the back portion of the roof of your mouth (soft palate), tongue and the throat relax. If they relax enough, they narrow or block your airway. Normal aging can cause further relaxation of these muscles.
- **Bulky throat tissue:** Being overweight can cause bulky throat tissue. Also, children with large tonsils and adenoids often snore.
- **Long soft palate and/or uvula:** A long soft palate or a long uvula (the dangling tissue in back of the mouth) can narrow the opening from the nose to the throat. When these structures vibrate and bump against one another, the airway becomes obstructed causing snoring.
- **Obstructed nasal airways:** Some people snore only during allergy seasons or when they have a sinus infection. Deformities of the nose such as a deviated septum (a structural change in the wall that separates one nostril from the other) or nasal polyps can also cause obstruction.

Prevention Tips

- Lose weight and improve your eating habits.
- Avoid tranquilizers, sleeping pills and antihistamines before you go to bed.
- Avoid alcohol and heavy meals (or snacks) at least four hours before you sleep.
- Establish regular sleeping patterns. For example, try to go to bed at the same time every night.
- Sleep on your side rather than on your back.
- Tilt the head of your bed up four inches.

If none of the above mentioned tips help, talk to your doctor. There are a variety of medical treatments that may reduce or eliminate snoring.

Advice

Offer your partner Leight Sleepers® earplugs to ensure that they get a good night's rest.

