

## Who is More at Risk for Snoring?

- Men
- Individuals with obesity and greater neck circumference
- Older individuals
  - Due to less stimulation from brain to throat muscles
    - more throat muscle relaxation
    - tongue falls backward, thus narrowing airway
- Individuals with enlarged tonsils or nose/throat inflammation due to upper respiratory tract infection or seasonal allergies
- Individuals with compromised jaw position
- Individuals who sleep on their back
- Individuals who have alcohol, muscle relaxants or pain killers in the evening
  - Decreases signals from the brain to breathe
    - increased relaxation of throat muscles
- Individuals who smoke can suffer from inflammation and swelling of airways
- Individuals who are sleep deprived



## What are the Solutions Available to Me?

### • Lifestyle Modifications



- ✓ Weight loss through diet adjustments and introducing regular exercise, especially relevant if snoring has increased with weight gain over time



- ✓ Avoid smoking



- ✓ Avoid sleeping or pain pills before bedtime



- ✓ Avoid alcohol, at least 4 hours before bedtime



- ✓ Avoid heavy meals, at least 3 hours before bedtime



- ✓ Establish and maintain a regular sleep schedule and avoid overtiredness



- ✓ Treat allergies and upper respiratory tract infections

### • Positional therapy

- ✓ Train yourself to avoid sleeping on back and elevate head (i.e. use a body pillow behind your back and pillow between the legs or even alarm systems that buzz when you turn on your back)



### • Oral and Nasal Accessories

- ✓ Try mouth appliances that bring the jaw forward and thus open the airway
- ✓ Try Breathe Right Nasal Strips which can open the upper airway tract
- ✓ Try Provent Therapy, an intranasal resistor which can help keep airway open during sleep

### • Surgical Options

If the above options are unsatisfactory, an exam with ear-nose-throat specialist can be helpful to identify if there is obstruction in nose or back of throat

- ✓ Nasal polyps or large tonsils can be surgically treated to help reduce snoring



## What is Snoring?

- Snoring refers to vibrations of soft tissues at the back of the mouth when there is a partial blockage of the airway
- Can be caused by:
  - Enlargement of uvula, palate, tongue or tonsils and/or
  - Less stimulation from the brain on throat muscles, thereby causing relaxation of these muscles and the tongue to fall backward
  - Both these processes lead to narrowing of the airway
  - The more narrow the airway → the greater the vibrations of these tissues → the louder the snoring



## Does it Matter if I Snore?

- Snoring may be a sign of underlying sleep apnea, which must be investigated more closely by doing a sleep study
- Snoring can result in:
  - Disruption in one's own or bed-partner's sleep and contribute as a stressor in marital relations
  - Fragmented sleep
  - Fatigue and poor daytime functioning
  - Systemic hypertension



---

## Snoring: Are there any Solutions?

---

