

# INFORMATION ON SNORING & SLEEP APNEA

## SNORING

**Snoring is a problem that affects more than 50% of adults.** It is conservatively estimated that over 100 million people in the United States snore every night. Snoring can cause disrupted sleep for both snorers and their sleeping partners and it can lead to health problems.

Snoring is **the harsh sound that occurs when the tissue at the back of the roof of the mouth vibrates against the back of the throat.** During sleep, throat tissues, the tongue and the muscles that line the airway all relax, narrowing the airway. Air passing through the narrower airway cause the tissues to vibrate against each other and create the snoring sound that can grow louder during sleep. Snoring may also be an indication of a bigger health problem; sleep apnea.

## SLEEP APNEA

Obstructive sleep apnea is a condition in which **the soft tissues at the back of the throat completely close off the airway so that air cannot flow into the lungs.** This airway blockage can reduce the amount of oxygen reaching the brain and body. When that happens, the brain alerts the muscles in the airway to tighten up and unblock the air passage. This leads to a **cycle of blocking and unblocking the airway** and causes significant disruption of sleep. The most common symptoms of obstructive sleep apnea are:

- > Loud snoring
- > Restless sleep
- > Periodic stoppages of breathing
- > Significant daytime sleepiness
- > Irritability or personality change
- > Difficulty concentrating and poor memory

*NOTE: THIS INFORMATION IS INTENDED TO HELP INDIVIDUALS MANAGE THEIR SNORING AND/OR SLEEP APNEA. IT IS NOT TO BE USED AS A GUIDE FOR SELF-DIAGNOSIS OR TO RECOMMEND A PARTICULAR TREATMENT. DRs. PARKER AND FORSLUND RECOMMEND CONSULTING A PHYSICIAN FOR APPROPRIATE DIAGNOSIS AND TREATMENT.*

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