

Snoring

Sleep Disorder Breathing (SDB)

Obstructive Sleep Apnea (OSA)

Understanding Sleep Disorder Breathing

Please use the link below to understand how SDB works:

<https://www.youtube.com/watch?v=-gie2dhqP2c>

Snoring is the hoarse or harsh sound that occurs when your breathing is partially obstructed in some way while you're sleeping. Sometimes snoring may indicate a serious health condition. In addition, snoring can be a nuisance to your partner.

As many as half of adults snore sometimes. Snoring occurs when air flows past relaxed tissues in your throat, causing the tissues to vibrate as you breathe, which creates those irritating sounds.

Lifestyle changes, such as losing weight, avoiding alcohol close to bedtime or sleeping on your side, can help stop snoring.

In addition, medical devices and surgery are available that may reduce disruptive snoring. However, these aren't suitable or necessary for everyone who snores.

Depending on the cause of your snoring, your symptoms may include:

- Noise during sleep (snoring)
- Excessive **daytime** sleepiness
- Difficulty concentrating during the day or at school
- Sore throat
- Restless sleep
- Gasping or choking at night
- High blood pressure
- Chest pain at night

When to see a doctor

See your doctor if:

- Your snoring is so loud it's disrupting your partner's sleep
- You wake up choking or gasping for breath
- Experiencing high blood pressure
- Attention Deficit problems in children or adults
- Daytime sleepiness
- You have a Large Tongue

These may indicate your snoring is caused by a more serious condition, such as Sleep Disorder Breathing (SDB) or Obstructive Sleep Apnea (OSA).

If your child snores, ask your pediatrician about it. Children can have Sleep Breathing Disorder Obstructive Sleep Apnea, too. Nose and throat problems — such as enlarged tonsils, a large tongue — and obesity often can narrow a child's airway, which can lead to your child developing sleep apnea. Treating these conditions may help your child in many ways.

Many factors, such as the anatomy of your mouth and sinuses, alcohol consumption, allergies, a cold, and your weight, can lead to snoring.

When you doze off and progress from a light sleep to a deep sleep, the muscles in the roof of your mouth (soft palate), tongue and throat relax. The tissues in your throat can relax enough that they partially block your airway and vibrate. And, the more narrowed your airway, the more forceful the airflow becomes. This causes tissue vibration to increase, which causes your snoring to grow louder.

To treat your condition, your doctor likely will first recommend lifestyle changes, such as losing weight, avoiding alcohol close to bedtime and changing sleeping positions. If lifestyle changes don't eliminate snoring, your doctor may suggest:

- **Oral appliances.** Oral appliances are form-fitting dental mouthpieces that help advance the position of your tongue and soft palate to keep your air passage open.

If you choose to use an oral appliance, visit your dental specialist at least once every six months during the first year, and then at least annually after that, to have the fit checked and to make sure that your condition isn't worsening. Excessive salivation, dry mouth, jaw pain and facial discomfort are possible side effects from wearing these devices.

- **Continuous positive airway pressure (CPAP).** This approach involves wearing a pressurized mask over your nose while you sleep. The mask is attached to a small pump that forces air through your airway, which keeps it open. CPAP (SEE-pap) eliminates snoring and treats sleep apnea.

Although CPAP is the most reliable method of treating obstructive sleep apnea, and it's effective, some people find it uncomfortable or have trouble adjusting to the noise or feel of the machine. Your doctor may be able to make adjustments to the device if you're having trouble adjusting to the machine, such as adding a heated humidifier or nasal pillows, that might help make you more comfortable.

- **Palatal implants.** In this procedure, known as the pillar procedure, doctors inject braided strands of polyester filament into your soft palate, which stiffens it and reduces snoring. Palatal implants don't have any known serious side effects; however, the benefits and safety of the procedure are still being studied.
- **Traditional surgery.** In a procedure called uvulopalatopharyngoplasty (UPPP), you're given general anesthetics and your surgeon tightens and trims excess tissues from your

throat — a type of face-lift for your throat. The risks of this procedure include bleeding, infection, pain and nasal congestion.

- **Laser surgery.** In laser-assisted uvulopalatopharyngoplasty (LAUPPP), an outpatient surgery for snoring, your doctor uses a small hand-held laser beam to shorten the soft palate and remove your uvula. Removing excess tissue enlarges your airway and reduces vibration. You may need more than one session to get your snoring under control.

Laser surgery and palatal implants aren't generally recommended as treatment for sleep apnea, because they haven't been proved effective for sleep apnea. Possible risks from these procedures include pain, infection, bleeding and nasal congestion.

- **Radiofrequency tissue ablation (somnoplasty).** In this outpatient procedure, you'll be given local anesthetic. Doctors use a low-intensity radiofrequency signal to shrink tissue in the soft palate to help reduce snoring. The effectiveness of this newer procedure needs further study. Generally, this procedure is less painful than other types of snoring surgery.