

Free Better Sleeping Report

**Learn All About How You Can
Have Better, Longer Sleeps**

The Root of Bad Sleeping: Snoring

No doubt that snoring is such a disturbing condition. Not only is it socially annoying, it can also be an indicator of more serious medical conditions. Unfortunately, though, statistics show that a significant percentage of adults complains of snoring and seeks treatment for it.

The causes of snoring, especially among adults, are quite varied. In line with this, treatment differs from one person to another. It is important that one seeks the advice of an expert before deciding on any form of intervention to be able to achieve the most desired result. Doctors identify the best possible treatment depending on what caused the symptoms in the first place.

So what are some of the causes of adult snoring? In general, unusual sounds are said to be produced because of the vibration and bumping of the structures at the back side of the mouth towards the throat. These structures strike each other because the size of the passageway becomes narrower than ideal.

Given the fact that the causes of snoring are greatly structural in nature, certain types of people become more prone to it. For example, people who are obese or overweight tend to have bulkier throat muscles. In effect, the air passageway becomes narrower, the soft palate and uvula bumps into each other, and breathing takes more effort than usual.

Likewise, throat muscles that are too relaxed often lead to snoring. This is because these soft muscles collapse along the passageway itself causing an air blockage. In addition, when the tongue relaxes so much, it tends to plunge backwards towards the throat which obviously becomes a major blockage as well. More often than not, people who take in too much alcohol experience this extreme muscle relaxation and snore.

Moreover, certain prescription drugs elicit the same effect as alcohol. Examples of these drugs are those which are intended to induce sleep or lower depression level. Thus, people who have difficulty sleeping and have become dependent on these types of drugs are more likely to be snoring during their deep sleep. Enlargement of tonsils, although this is commonly experienced by children, is also being pointed out as a cause. This again is mainly due to the fact that the air

passageway becomes narrower and air does not flow smoothly.

Furthermore, having a palate longer than usual contributes to snoring. The situation becomes worse if the uvula is long as well. These structures bump more with each other leading to stronger vibrations and louder snoring sounds. Common colds and sinusitis may also bring about snoring, but not habitual snoring. It only occurs since the nasal airway is blocked and both intake and uptake of air becomes harder. In such cases, snoring must be gone as a person recovers from colds or sinusitis.

For structural causes, surgery is often suggested as the best treatment. However, there are several options in the market which are also designed to give remedy to these structural problems. One example is called Continuous Positive Airway Pressure which comes in the form of a mask that aims to bring in pressure to the throat. This is a great alternative for those who would not want to subject themselves to surgery.

On top of all these, one should remember that a good understanding of one's condition will eventually lead to the best possible solution. This may be achieved with the help of an expert who can give accurate diagnosis.

Dealing With The Problem

Snoring is the production of an unpleasant wheezing and snorting sound while sleeping. Sleep apnea, on the other hand, truly involves the stoppage of breathing within a few seconds (at least 10). You wake up to catch up with your breath again, sleep and only to again wake up for several or even a hundred times at night to start breathing all over again. But the snorer never knew about his awakenings at night. His partner is the silent witness to all the symptoms of his conditions. And this can be dead serious.

It is true that snoring is one of the most common symptoms of apnea but snoring alone does not involve cessation of breathing. Though snoring too can result to a serious sleeping disorder like apnea if not addressed during its early stages.

Obstructive sleep apnea is due to a close in some part of air passageway. It is either to a narrow airway or because the person is so obese that the fatty tissues in throat are all in the way, thus, blocking the flow of air. Others may contain some deformities within the breathing area like enlarged tonsils or tongues,

growth in the neck or jaw deformities.

There are three types of sleep apnea which anyone might have. Check out if any of these three are the suspects why you snore:

- Obstructive sleep apnea (OSA) – occurs on males within 30-50 years of age. This happens when the respiratory tract is blocked during sleep preventing proper breathing. This then can lead to low oxygen levels in your blood which signals the person to wake up and inhale deeply but snorting breath. Also, small mouth and tongue can contribute to the obstruction.
- Central sleep apnea – this is actually brought about not by an obstructed nasal passageway but a breathing impairment caused by the malfunctioning of the brain area that controls the breathing. The damage to this part of the brain that manages breathing can be a result of a head injury or a stroke. This can also cause the brain to stop the effort the body to breathe.
- Mixed sleep apnea – a combination of the first two sleep apnea evident in one person is possible but rare. This can be caused by a loss of breathing effort but with the symptoms that is the same with OSA.

How would you know if you are suffering from your inability to maintain good quality of sleep due to apnea, watch out for these signs:

- loud snoring and or abnormal snoring patterns with a lot pauses and gasps
- excessive daytime sleepiness
- inability to restore sleep
- personality changes
- erectile dysfunction (impotence)
- decreased memory
- automobile accidents
- irritability and depression

Treatment for sleep apnea may vary according to your specific characteristics and circumstances. Medication may not be the effective choice of treatment for your condition but therapies are very helpful in coping sleep apnea. Some are listed below:

- Behavior Therapy – obesity or being overweight is the simplest way of reducing your apneic episodes because it can reduce the bulkiness and excessive

tissue flab's on your throat clearing your passageway. But this can be challenge for the obese because losing weight is not an easy task to do. Another way of helping you reduce the effects of sleep apnea is avoiding alcohol, sedatives and tobacco consumption because this can overly relax their muscles and avoid the closure of the passageway at night. Sleeping position and patterns may also help. Sleeping on your side can prove most comfortable for you than lying on your back because it open up the passageway clearly.

- Physical or Mechanical Therapy – the use of a process called Continuous Positive Airway Pressure (CPAP) helps tremendously because of the forcible pumping of air in your nostrils, thus, keeping your airway open. This will require you to wear a snugly fit mask in your nose and the mask is attached to a pump that provides the air in your nostrils. The problems with mask are the hassles of sleeping with a mask, it is rather uncomfortable, dermal irritations because the mask rubs the face the entire night, sneezing and dry mucus membranes.
- Surgery – the procedures involved here will correct the size of your airway by invasive operations. These treatments are often your last resorts when your snoring reaches to a level that is worst.

Sleep apnea with too much snoring is very irritating and inconvenient. It hampers the normal routine in your life because of your inability to get proper sleep. **If your doctor advised you to do some of the treatments available, follow it at once to save you hassles and even money.**

**Thank you for reading this Free Report
on Losing Weight Easy!**