

SNORING

Q What Causes Snoring?

A Snoring is caused by a partial closure of your airway during sleep due to a relaxation of the muscles in your neck. The soft tissue then vibrates to cause the sound of snoring.

Q What increases the chances of me being a snorer?

A Physiology - Some people are more likely to snore due to their physiology.

Sex - Men tend to put on upper body weight and therefore have more soft tissue around the neck. This makes men more prone to snoring.

Weight - If you are overweight then you will have more soft tissue around your neck which will increase the chance of snoring.

Age - As we age, our muscles become weaker – this can lead to weaker throat muscles.

Lifestyle - Some people snore after drinking alcohol or taking sleeping tablets. This causes additional relaxation of muscles in the neck and throat.

Q What is Obstructive Sleep Apnoea (OSA)?

A Some snorers 'stop snoring' and also 'stop breathing' only to 'start snoring and breathing' again a few seconds later, often accompanied by a choke, or gasp or snort – this is an indication that the snorer has OSA. Every time we stop breathing, known as "Apnoea", our bodies are starved of oxygen. Our brain instructs our body to partially awaken by releasing adrenalin. Most OSA victims have no memory of this all night, life and death struggle for oxygen. OSA robs its sufferers of restful sleep, leaving them tired, sleepy and exhausted during the day as well

as contributing to many other health problems.

Q How can you determine the severity of OSA?

A A Sleep Study is the only way to determine the severity of OSA.

Q How is my health and lifestyle affected?

A Snoring has an immense impact on the health and quality of life for the snorer, their partners and family. The lack of sleep caused by snoring has wide reaching effects such as:

- Daytime sleepiness
- Poor motivation
- High stress levels
- Lack of energy
- Driving while tired
- Less effective at work

In addition, snoring and especially OSA contribute to other serious health and lifestyle issues:

- Increased blood pressure/hypertension
- Increased risk of diabetes
- Cardiovascular disease
- Poor relationship with partner.

Q How will Solutions 4 Snoring do a Sleep Study?

A The process is very simple. A Sleep Study recorder is dispatched to your home for you to use overnight. The recorder will then be collected and assessed by a trained Physician, and a diagnosis will be made within 15 days from collecting the equipment.

Q How much does this study cost?

A The cost is £250.00 inc VAT and delivery/collection.

Q What does the Sleep Study measure?

- A** A sleep study will determine if you have OSA by measuring:
- Oxygen levels in your body
 - Pulse rate
 - Breathing effort
 - Air flow
 - Body position
 - Movement during the night.

Q **Where do I go from here?**

A If you suspect that you are suffering from any of the mentioned symptoms then you are advised to seek help and advice as soon as possible – from either your dentist or a doctor.

Q **Where can I find more information?**

A Contact Solutions 4 Snoring LTD on 0870 720 2180 or visit www.solutions4snoring.com