



SNORING

SNORING



SNORING



Table of Contents

INTRODUCTION	6
What this eBook is all about	6
DEMYSTIFYING SNORING	7
What exactly is snoring and what causes snoring	7
Statistics	7
Who Snores anyway	8
THE AGE FACTOR	9
Men or Women?	9
Is Snoring Normal?	10
We Snore more in Deep Sleep	10
Do you now you are snoring?	11
Noise created by Snoring	11
MAIN CAUSES OF SNORING	13
Obesity	13
Hereditary	15
Allergies	15
Asthma	16
Ageing	17
Smoking	17
Alcohol Consumption	18
Postures	19
CONSEQUENCES OF SNORING	20
Sleep Apnea	20
Treating Sleep Apnea	21
Sleep Apnea is a common occurrence	21
NEGATIVE EFFECTS OF SNORING	23
Health	23
Relationships	23
Impact of Snoring on Couples	24
There is still hope	25
Taking professional help	25

There is still hope	25
Taking it professional	25
Medical advice	26
MEDICAL INSTRUCTIONS SIMPLIFIED	28
Sedatives and Snoring	28
Non Surgical treatment of Snoring	29
CONSULTING THE DRUGSTORE	31
Self Cures	31
Cures from Ancient to Modern	32
Remedies from the stores	33
Find out if you are snoring	35
SURGERY TO TREAT SNORING	37
Does it pain?	38
Cost of Surgery	39
LACK OF SLEEP AND ITS IMPLICATIONS	40
Short Term	40
Long Term	41
WHAT DOES SNORING MEAN MEDICALLY	42
Sleep well and snore less	42
Causes and Solutions reinforced	43
Snoring is mostly due to medical problems	43
Medicines also cause snoring	44
APPLIANCES AND INSTRUMENTS	
OR SNORING CURE	46
Dental Devices	46
Continuous Positive Airway Pressure	46
An unexpectedly good appliance	47
SOLUTION BY SURGERY	48
Surgical Procedures	48
Somnoplasty	48
Uvulopalatopharyngoplasty	49
Tonsillectomy and Adenoidectomy	49
Nasal Septoplasty	49
Nasal Polypectomy	49



CONCLUSION51
 Act Now51

APPENDIX ONE52
 FTC Consumer Alert on Snoring Solutions52

APPENDIX TWO54
 FDA Perspective on Sleep Apnea54

APPENDIX THREE59
 FDA Sleep Disorder Information Sheet59

**CONSUMER REPORT
 ON DO ANTI SNORING PRODUCTS WORK**63

TO LEARN MORE65

DISCLAIMER AND/OR LEGAL NOTICES66



INTRODUCTION

What this eBook is all about...

The problem of snoring which is quite a serious one for many people is addressed in this book covering an extensive range. Understanding snoring and its adverse effects, identifying the causes of Snoring, problem of snoring in different people and various treatment options are addressed in this book.

Though we give you a thorough insight into snoring and its related issues, this book cannot be treated as a substitute for sound medical advice and treatment nor is it intended to be an advisory on how to cure or prevent snoring.

As far as possible, accurate information has been provided after extensive research. It is recommended not to take this book as an authentic guide or professional reference.



DEMYSTIFYING SNORING

What exactly is this snoring and what causes people to snore?



Snoring is actually coarse sounds produced due to vibration of the soft palate and other loose tissues in the mouth, nose and throat. Turbulence in the airway of the throat while breathing produces the sound.

Turbulence in the air passage is created due to partially blocked passage between the nose and throat. This constriction occurs especially when the person goes very deep into sleep and he or she is unaware of the disturbance caused to others.

Snoring can be considered a social problem because it tends to embarrass the snorer and causes sleepless nights for others around. It can also be considered a medical problem because snoring affects sleeping patterns, and deprives the snorer of his needed rest.

If snoring is severe, it causes serious long-term health issues, daytime drowsiness, irritability, and lack of focus. Thus, it is vital to treat the problem seriously.

Medical experts like Laurence Smolley claim about forty five percent of normal adults tend to snore. So if you are one of them, you certainly have to be more informed about your snores.

Statistics

Apart from Laurence Smolley's claim, there are other more shocking revelations. According to some, almost a half of the households in America are affected by snoring.