Snoring – sound made when the tissues somewhere from the nose to the throat vibrate during sleep.

Causes
- Enlarged tonsils
- Obstructive sleep apnea (OSA)
- Nasal polyp
- Smoking
- Obesity of the neck
- Drinking alcohol before bed
- Allergy or cold congestion

Snore Less
- Don't sleep on your back
- Lose weight
- Limit alcohol and smoking
- Be evaluated and treated
- Limit opiates, certain anxiety medications and muscle relaxants

Snoring May Be Dangerous When...
Loud snoring can indicate a blockage that stops breathing and disturbs sleep. This is a serious sleep disorder called Obstructive Sleep Apnea (OSA).

- Excessive daytime sleepiness
- Difficulty sleeping
- Problems with attention or memory
- Loud, disruptive snoring
- Pauses in breathing during sleep
- Choking or gasping awake from sleep
- Irritability or depression
- Morning headaches
- High blood pressure

Get Sleep Tested
If any of these symptoms occur with loud snoring, speak to your doctor for further evaluation.

In a Sleep Lab
- Records snoring, pauses in breathing, oxygen and muscle movement
- Identifies sleep stages, body position, blood oxygen levels, respiratory events, muscle tone, heart rate, eye movement, brain waves, amount of snoring and general sleep behavior

At Home
- Commonly records oxygen, heart rate, airflow, movement and sleep position

50 TO 70 MILLION PEOPLE have a sleep disorder
50% OF LOUD SNORERS have OSA
31% of men have obstructive sleep apnea
21% OF WOMEN have obstructive sleep apnea

50% OF LOUD SNORERS have OSA

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