

Snoring prevention

Helping you and your partner get a good night's sleep

Facts

In the case of simple snoring, the vibration of the soft tissue in the throat is caused by a partial closure of the airway. In OSA it is caused by the complete closure of the airway. In effect a person with OSA, stops breathing while asleep, and this can happen 50 to 60 times per hour.

This reduces the oxygen level in the blood, causing the brain to react by causing a partial waking. The snorer will often not be aware of this partial waking during the night. As a result of this sleep fragmentation, many sufferers have excessive daytime sleepiness, resulting in their inability to concentrate, experience of marital disharmony and falling asleep at unexpected and inappropriate times.

OSA makes a person at least twice as likely to have a motor accident if they are driving.

Research has also shown that the repeated falls in oxygen levels in the blood caused by OSA are linked to the development of high blood pressure, heart disease, strokes and diabetes.

The reality is that untreated OSA is a killer and many snorers simply don't know how serious their condition might be.

Treatment

Mandibular Advancement Splints (MAS) are customised mouth pieces worn at night time to treat snoring and OSA.

Modern devices permit the lower jaw to be advanced in a gradual manner and so not only improve their action but also help the patient to adapt more gradually to them.

Loss of weight can reduce or stop snoring and, of course, there are numerous other health benefits but it is a gradual process.

Continuous Positive Airways Pressure, or CPAP, is the gold standard for sufferers of severe obstructive sleep apnoea. There are many types of CPAP equipment and products. This type of treatment is not recommended in the case of simple snoring, however.



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Snoring is one of the most common causes of interrupted sleep whether you are the person doing the snoring or happen to be sleeping next to them.

The main cause of snoring is that, during sleep, muscles in the neck relax, causing partial airway closure. For some people the soft tissue in the upper throat vibrates, making the sound we know as snoring.

Obstructive Sleep Apnoea is a more severe problem, which causes people to snore resulting in much more serious and devastating effects on the sufferer's life. These can include extreme tiredness, and even an increased risk of high blood pressure, heart attack and stroke.



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