

Snoring

Snoring is both a social and a medical problem, which affects approximately 45 percent of normal adults in the United States alone. It can be disruptive to family life, frequently forcing partners to sleep separately. Snorers tend to have poor quality sleep and thus are prone to reduced daytime alertness. In its most severe form, snoring can be an indicator of obstructive sleep apnea.

Snoring is more frequent in males and overweight persons and usually grows worse with age. Snoring sounds are caused when there is an obstruction to the free flow of air through the passages at the back of the mouth and nose.