

Consequences Associated with Snoring and its Management

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DESCRIPTION

Snoring is a common sleep disorder that affects a significant portion of the population. While it may seem harmless, snoring can actually have serious consequences for both the snorer and their bed partner. In this article, we will explore the causes and effects of snoring and suggest some potential solutions to this issue. Firstly, it is important to understand what snoring is and why it happens. Snoring is the sound produced when the flow of air through the mouth and nose is partially blocked during sleep. This can be caused by a variety of factors, such as obesity, alcohol consumption, allergies, nasal congestion, and sleep position. When air is unable to flow freely through the airways, the soft tissues in the throat vibrate, producing the sound we know as snoring. While snoring may seem like a minor inconvenience, it can actually have serious consequences for both the snorer and their bed partner. For the snorer, snoring can disrupt the quality of their sleep, leading to fatigue, irritability, and decreased productivity during the day. Additionally, snoring can be a sign of sleep apnea, a serious condition in which breathing repeatedly stops and starts during sleep, which can increase the risk of heart disease, stroke, and other health issues. For the bed partner, snoring can be a major source of frustration and even lead to sleep disturbance. This can have a negative impact on their own sleep quality, leading to fatigue and decreased productivity during the day. In some cases, snoring can even lead to relationship problems, as the bed partner may feel resentful or even opt to sleep in separate rooms to avoid the noise. Given the negative impact of snoring on both the snorer and their bed partner, it is important to explore potential solutions to this issue. One common approach is to make lifestyle changes that can reduce the likelihood of snoring. For example, losing weight, avoiding alcohol and sedatives before bed, and sleeping on your side rather than your back can all help

reduce snoring. Additionally, treating allergies and other respiratory issues can help alleviate nasal congestion and improve airflow. Another approach is to use devices that can help keep the airways open during sleep. One such device is a Continuous Positive Airway Pressure (CPAP) machine, which delivers a steady stream of air to keep the airways open. While effective, CPAP machines can be cumbersome and uncomfortable, making them less appealing for some individuals. Alternatively, there are a variety of over-the-counter devices that can be used to reduce snoring, such as nasal strips and mouthpieces. Nasal strips work by widening the nostrils and improving airflow, while mouthpieces work by repositioning the jaw to help keep the airways open. While these devices can be effective, they may not be suitable for everyone and may take some time to get used. Finally, for those with severe snoring or sleep apnea, surgery may be an option. Surgical procedures can be used to remove excess tissue in the throat, repair abnormalities in the nasal passage, or reposition the jaw to improve airflow. While surgery can be effective, it is generally considered a last resort and should only be considered after other options have been exhausted.

CONCLUSION

Snoring is a common sleep disorder that can have serious consequences for both the snorer and their bed partner. While lifestyle changes, devices, and surgery can all be effective in reducing snoring, the best approach will depend on the underlying cause and severity of the issue. If you or your bed partner is struggling with snoring, it is important to consult with a healthcare professional to determine the best course of action. With the right treatment, it is possible to improve sleep quality and reduce the negative impact of snoring on your daily life.

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