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SNORING & SLEEP APNOEA



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Are you suffering from a lack of sleep?

Snoring is a common problem which affects many as they sleep. It can be a cause of much frustration, particularly when loud and excessive. If you snore, you are likely to be exhausted, due to the inability to get a proper night's sleep, but have you thought of the effect it has on the person sleeping next to you. It can be just as disruptive to their sleep pattern.

Snoring occurs when the lower jaw relaxes and the soft structures of the throat and mouth drift backwards. This restricts the airway and creates the fluttering sounds as you continue to breathe.

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One of the major concerns with snoring is the direct association with Sleep Apnoea.

Sleep Apnoea is the complete cessation of breathing for short intervals, sometimes occurring up to several hundred times per night. When you are asleep, the throat and neck muscles that keep your airway open while you're awake relax, and either partially or fully blocks your airway causing a reduced oxygen level in your blood. This results in an increased heart rate as it works harder to pump oxygenated blood to your brain and the rest of your body.

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The disruption to your sleeping pattern through sleep apnoea can contribute to a myriad of concerning health problems including fatigue, high blood pressure, an increased risk of a heart attack or stroke, high blood pressure, headaches, depression, excess sleepiness, fatigue, poor memory and concentration and obesity.

Some common symptoms of sleep apnoea:

- Daytime sleepiness/lethargy
- Feeling unrefreshed in the morning after waking
- Loud snoring
- Choking or gasping during sleep to get air into the lungs
- Sudden awakenings to restart breathing
- Waking up in a sweat during the night
- Headaches, sore throat, or dry mouth after waking



In conjunction with other medical professionals, we can diagnose the extent of your sleep apnoea and prescribe a suitable solution. A range of night wear Sleep Apnoea devices aims to bring the lower jaw forward and hence the tongue away from the back of the mouth to open up the airway. These rest on the teeth similar to a mouthguard and are easy to wear and use.

If you think you suffer from Sleep Apnoea, or are told you are a heavy snorer, please ask us how we can help you.

