

What is Snoring?

Snoring is the vibration of the upper airway which results in an audible noise. Structures in the airway such as the soft palate and uvula can narrow or obstruct the airway, this obstruction of air creates the vibration. Obstructed airflow is usually due to one or more of the following:

- ✧ Fat gathering in and around the airway
- ✧ Obstruction in the nasal passages such as polyps
- ✧ Obstruction in the upper airway such as enlarged tonsils
- ✧ Loss of muscle tone, this maybe a result due to sleep, age, or muscle relaxants such as alcohol or drugs relaxing throat muscles



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Who snores?

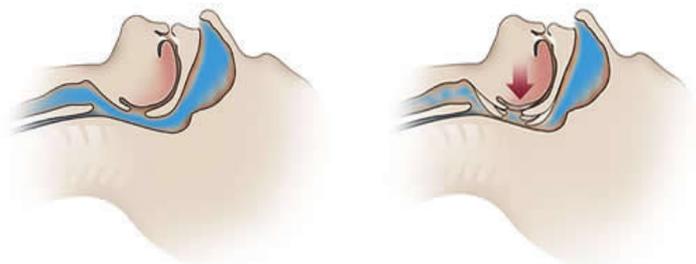
At least 30% of adults and perhaps as many as 50% of people in some demographics are habitual snorers. Snoring is more prevalent in men with approximately half of all men snoring, up to 30% women snore, this increases as age increases.

What is the impact of Snoring?

Habitual, loud snoring and pauses in breathing may indicate a more complex condition known as Sleep Apnoea. Snoring and Sleep Apnoea are known to cause:

- ✧ Sleep deprivation, to snorers and partners
- ✧ Daytime drowsiness and lack of concentration
- ✧ Irritability
- ✧ Decrease libido

Snoring and Sleep Apnoea are known to contribute to the risk of hypertension, heart attack, stroke, motor vehicle and occupational accidents.



Normal Airway

Partially collapsed airway

Diagnosis of Snoring and Sleep Apnoea

Snoring is generally recognised by a partner or friend, for the diagnosis of sleep apnoea and to distinguish between simple snoring and more complex conditions requires the patient to undertake a sleep study. A sleep study will provide an accurate diagnosis and will generate valuable information directing your treating physician to the treatment most suitable to you.

Treatment Options for Snoring and Sleep Apnoea

The treatment options for sleep disorders is customised for each patient. Depending on your sleep study results, your physical and medical history, one or more of the following treatment options maybe recommended.

Lifestyle modification

This includes weight reduction, decreased alcohol consumption, cessation of smoking, alteration of medications such as sleeping pills, not sleeping on your back and allowing enough time for quality sleep.

Continuous Positive Airways Pressure (CPAP)

It is the most common and effective treatment option. The patient wears a mask over the nose attached to a machine which pumps air into the airway preventing airway collapse. Airway collapse occurs in Snoring and Sleep Apnoea.

Mandibular Advancement Splint (MAS)

This is a specialist made mouth guard which repositions the lower jaw and tongue. It is often used to treat snoring and sleep apnoea in mild to moderate cases.

Surgery

There are surgical procedures available. In selected cases surgery may be beneficial such as in young children where surgery is the treatment of choice.

For further information or to book a sleep study, please call Advanced Pulmonary and Sleep Diagnostics on 1300 292 022 or visit our website www.wrasc.com.au