

# IS MY SNORING DANGEROUS?

Snoring – sound made when the tissues somewhere from the nose to the throat vibrate during sleep



## Causes

Using muscle relaxants



Enlarged tonsils



Obstructive sleep apnea (OSA)

Nasal polyp



Deviated septum

Smoking



Obesity of the neck

Drinking alcohol before bed



Allergy or cold congestion



## Snore Less

- Don't sleep on your back
- Limit alcohol and smoking
- Limit opiates, certain anxiety medications and muscle relaxants
- Lose weight
- Be evaluated and treated



## Snoring May Be Dangerous When...

Loud snoring can indicate a blockage that stops breathing and disturbs sleep. This is a serious sleep disorder called Obstructive Sleep Apnea (OSA).

- Loud, disruptive snoring
- Excessive daytime sleepiness
- Irritability or depression
- Pauses in breathing during sleep
- Difficulty sleeping
- Morning headaches
- Choking or gasping awake from sleep
- Problems with attention or memory
- High blood pressure

## Get Sleep Tested

If any of these symptoms occur with loud snoring, speak to your doctor for further evaluation.



In a Sleep Lab

- Records snoring, pauses in breathing, oxygen and muscle movement
- Identifies sleep stages, body position, blood oxygen levels, respiratory events, muscle tone, heart rate, eye movement, brain waves, amount of snoring and general sleep behavior

SLEEP STUDIES



At Home

- Commonly records oxygen, heart rate, airflow, movement and sleep position



50 TO 70 MILLION PEOPLE have a sleep disorder



50% OF LOUD SNORERS have OSA



31% of men have obstructive sleep apnea

21% OF WOMEN



have obstructive sleep apnea

[njhealth.org](http://njhealth.org)  
1.877.CALL NJH (877.225.5654)

 National Jewish Health®