



## The Impact of Alcohol and Smoking on Snoring

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Received date: 25 November, 2024, Manuscript No. JSDTC-24-155828;

Editor assigned date: 27 November, 2024, PreQC No. JSDTC-24-155828 (PQ);

Reviewed date: 11 December, 2024, QC No. JSDTC-24-155828;

Revised date: 17 December, 2024, Manuscript No. JSDTC-24-155828 (R);

Published date: 24 December, 2024, DOI: 10.4172/2325-9639.1000169.

### Description

Snoring is a common issue that affects millions of people worldwide, leading to sleep disturbances, tension in relationships and sometimes serious health concerns. While there are numerous factors that contribute to snoring, alcohol and smoking are two lifestyle habits that significantly increase the problem. Both substances have a direct impact on the airways and the quality of sleep, making it more likely for individuals to snore. Understanding how alcohol and smoking contribute to snoring can help individuals make informed decisions about their habits and improve their sleep quality. The timing of alcohol consumption plays a significant role in its effect on snoring.

Alcohol is a central nervous system depressant, meaning it relaxes muscles throughout the body, including those in the throat. When alcohol is consumed, it causes the muscles in the back of the throat to relax more than usual, narrowing the airways. This constriction of the air passages can lead to the vibration of tissues during breathing, which is what causes snoring. Alcohol also reduces the body's ability

to regulate its sleep cycle, making individuals more likely to enter deeper stages of sleep where snoring is most common. The more relaxed and relaxed the throat muscles become, the more likely air is to become turbulent, creating the characteristic snoring sounds.

Smoking also plays a significant role in contributing to snoring, but its effects are more long-term and cumulative. The chemicals in cigarette smoke irritate and inflame the tissues in the upper respiratory tract, including the nose, throat and airways. This inflammation can lead to chronic congestion and swelling in the nasal passages, making it more difficult to breathe through the nose during sleep. Snoring prevalence remained elevated in subjects who recently quit smoking, but declined in ex-smokers to the level of never smokers within four years of smoking cessation. As a result, individuals who smoke often breathe through their mouths, which increase the likelihood of snoring.

In addition to nasal congestion, smoking weakens the respiratory muscles over time, making it harder for individuals to maintain proper airway function during sleep. The reduced muscle tone in the throat, similar to the effects of alcohol, can lead to airway obstruction and consequently, snoring. Over time, smokers are at a greater risk for developing more serious sleep disorders, including chronic snoring and obstructive sleep apnea, the sedative effect of alcohol causes a deeper, more relaxed sleep, where the muscles of the throat relax excessively. Drinking alcohol, particularly in the hours before bedtime, increases the chances of snoring.

Both alcohol and smoking are significant contributors to snoring, each affecting the body in different ways. Alcohol, by relaxing the muscles of the throat and deepening sleep, narrows the airway and promotes snoring. Smoking, on the other hand, causes inflammation and congestion in the airways, making it harder to breathe through the nose and increasing the likelihood of snoring. When combined, alcohol and smoking can create a particularly harmful cycle that not only increases snoring but also raises the risk of developing more serious sleep disorders such as obstructive sleep apnea. For individuals looking to reduce or eliminate snoring.

**Citation:** Janson F (2024) The Impact of Alcohol and Smoking on Snoring?. *J Sleep Disor Treat Care* 13:2.