



## Impact of Snoring on Health

Xerfan Joyce\*

Department of Psychiatry, Sungkyunkwan University School of Medicine, Samsung Medical Center, Seoul, Republic of Korea

\*Corresponding author: Xerfan Joyce, Department of Psychiatry, Sungkyunkwan University School of Medicine, Samsung Medical Center, Seoul, Republic of Korea, E-mail: joyfan@skku.edu

Received date: 07 February, 2023, Manuscript No. JSDTC-23-92299;

Editor assigned date: 10 February, 2023, PreQC No. JSDTC-23-92299 (PQ);

Reviewed date: 24 February, 2023, QC No. JSDTC-23-92299;

Revised date: 03 March, 2023, Manuscript No. JSDTC-23-92299 (R);

Published date: 10 March, 2023, DOI: 10.4172/2325-9639.23.12.105

### Description

Snoring is a common condition in which the flow of air through the mouth and nose during sleep is partially blocked, causing the tissues in the throat to vibrate and produce a snoring sound. Snoring can also lead to more serious health problems over time. Snoring is linked to an increased risk of cardiovascular disease, hypertension, stroke, and type-2 diabetes. It can also aggravate pre-existing health conditions like asthma and acid reflux.

It effects people of all ages and can have various causes, including:

#### Anatomy of the mouth and throat

Some people have naturally narrow airways, enlarged tonsils or adenoids, or a deviated septum, which can contribute to snoring.

#### Age

As people get older, the muscles in the throat and tongue may become weaker, increasing the likelihood of snoring.

#### Obesity

Excess weight can cause fat deposits around the neck and throat, leading to snoring.

#### Sleep position

Sleeping on one's back can cause the tongue and soft palate to collapse to the back of the throat, contributing to snoring.

#### Alcohol and sedatives

Alcohol and sedatives relax the muscles in the throat, increasing the likelihood of snoring.

Snoring is generally considered a nuisance, which can also be a sign of a more serious condition called sleep apnea. Sleep apnea is a

sleep disorder in which breathing is repeatedly interrupted during sleep. It is important to seek medical attention if snoring is accompanied by other symptoms such as excessive daytime sleepiness, gasping or choking during sleep, or pauses in breathing during sleep.

Snoring is a common problem that can have negative effects on an individual's health. Here are some ways that snoring can impact one's health:

#### Poor sleep quality

Snoring can cause disruptions in sleep, leading to poor sleep quality. This can result in daytime fatigue, difficulty concentrating, and decreased productivity.

#### Sleep apnea

Snoring can be a symptom of sleep apnea, a sleep disorder in which breathing is repeatedly interrupted during sleep. Sleep apnea is associated with an increased risk of cardiovascular problems, including high blood pressure, heart attack, and stroke.

#### Headaches

Snoring can cause headaches, particularly in the morning, due to the lack of oxygen and increased carbon dioxide levels during sleep.

#### Fatigue and irritability

Snoring can lead to fatigue and irritability, making it difficult to function throughout the day.

#### Relationship problems

Snoring can cause relationship problems due to the disturbance of a partner's sleep. This can lead to increased stress and tension in relationships.

#### Increased risk of accidents

Sleep disturbances caused by snoring can increase the risk of accidents, including car accidents and work-related accidents.

#### Reduced quality of life

Snoring can significantly impact an individual's quality of life, including their ability to work, socialize, and perform daily activities.

It is essential to address snoring to improve sleep quality and reduce the risk of associated health problems. Treatment options for snoring include lifestyle changes such as weight loss, sleeping on one's side, and avoiding alcohol before bed. In more severe cases, medical interventions such as Continuous Positive Airway Pressure (CPAP) machines or surgery may be necessary.

**Citation:** Joyce X (2023) Impact of Snoring on Health. J Sleep Disor Treat Care 12:1.