

Sarah Woodhouse Therapy: Information Sheet

“BENIGN SNORING”

Due to ‘upper airway turbulence’ caused by vibrations of the soft palate and uvula.

- More common than people realise
- 30% of adults over 30, and women make up 1/3 of those

Reasons are varied:

- Age - with age as we lose muscle tone, include in our palates, which means muscles are softer are more likely to vibrate
- Allergies
- Overweight
- Alcohol before bedtime (relaxes muscles)
- Born to snore - e.g. thick neck, weak glossopharyngeal nerve etc.
- Combination of factors

Non medical solutions:

- Lifestyle changes: overweight = lose weight, no alcohol before bedtime
- Posture: many people find they only snore when they are on their back, and sleeping on their front reduces snoring. To help do this you can re-arrange pillows / use body length pillow to stop you turning over, and some people have even been known to have a pocket on the back of their PJ's that they insert a small ball in to stop them rolling over
- Allergies or nasal congestion: antihistamines or decongestants

Medical solutions:

- Anti snoring strips and sprays ‘haven’t been found to be particularly effective’.
- Oral devices: If your mouth is falling open then you can use a chin strap to keep your mouth closed, or a device in your mouth to make you breath through your nose (vestibular shield)
- Oral devices: If your tongue is partially blocking the back of your throat you can use a device to bring your tongue forward (mandibular advancement device)
- Oral devices generally - dental appliances that hold the jaw and tongue in place to keep airways open have had a 50%-80% success rate, **but** the key is to have one custom made
- Chin straps to keep your mouth closed
- Continuous positive airway pressure (CPAP) - this is something you would need to discuss with your GP, but there is an issue with comfort and compliance as it involves wearing a face and nose mask
- Surgery - again something to discuss with your GP, around a 50% success rate, but the long-term benefits are not yet known

Sources:

<https://www.webmd.com/women/features/does-snoring-have-you-up-all-night#1> (accessed 10th November 2018)

<https://www.nhs.uk/conditions/snoring/>