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**SNORING THE ENIGMA -
THE REAL REASONS AND
THE ULTIMATE CURE TO
STOP SNORING**

[AUTHOR NAME IN FULL CAPS]

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Introduction

Here you go! Once again you woke up to an empty bed. You climb out of bed and feel miserable. Tramping towards the kitchen, you pass the living room and see your significant half lying on the couch sleeping. Again!

You can't deny it, you are well aware that you're doing it. The love of your life has all the evidence of the nocturnal noises you make. But you just can't seem to stop it.

It's embarrassing when your partner rags on you about your thumping snorting and a whole lot worse when your kids make fun of the roaring jet engine sounds you make all through the night. But now you say to yourself, that's it! That recording of you snorting like a horse was all you needed to take it seriously and do something to make the life of your loved ones a tad bit easier.

Now that you have accepted that there is an issue which is fostering within you, you make a promise to your loved ones that you will make your place in the list of the non-snorers of the house. You see everyone elated and dancing with joy to finally have peaceful nights and feel yourself like a hero for making their day. Does the story sound too good to be true? What do you think?

Snoring has been identified as a common disorder that can affect anyone either men or women. Look around in your circle and spot the snorers you have in your



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group. Just about everyone in your group snores¹. If we dig deeper, we find that snoring is a kind of medical condition or a health issue that occurs when the air is blocked.

It is not only a cause of annoyance for others but it also impairs the person's own sleep as well. This trumpeting, rumbling, thumping and echoing sound can keep the person himself and others around him awake all through the night. It can easily disrupt your sleep leading to fatigue, poor health, tiredness, and irritability. While some say snoring is just another hint that you are getting old, others are of the opinion that it can hit anyone as it's believed to be a medical condition.

The story of snoring continues! But quitting snoring is not as simple as snapping your fingers. It is a time consuming and tedious process that requires a lot of patience and dedication. There are a number of strategies, cures, and remedies that claim to reduce snoring, some even claim to put an end to it for as long as you shall live. But all these remedies and strategies can only be tried out after you discover the real cause of your snoring.

It is high time that we treat this nuisance since it has become a pain in the neck of many. It is also becoming a real cause of splitting up or even leading to divorces between couples². Besides, it is not just a means of embarrassment, it might be indicating a serious medical issue which needs attention or requires a change in your lifestyle.

This is exactly where this book can help you with. You will bust the myths about snoring, uncover its secrets and will find ways to decode those secrets. This book will enlighten you with the remedies of snoring while helping you with pointing out its real causes. From ancient ones to the modern tried and tested all the way to scientifically proven ones, this book contain hacks, techniques and cures for everyone, whether it's your partner who snores loudly or it's you facing this issue. Not only this will help you out, but will also expand your knowledge about the enigma of snoring. And in the process of enjoying the book, you will not be a snorer anymore!

Soon you will be bombarded with a cure-all, so, get ready to burn the midnight oil as you will find yourself engrossed in this book.

¹ <https://www.helpguide.org/articles/sleep/snoring-tips-to-help-you-and-your-partner-sleep-better.htm/>

² https://www.sleepfoundation.org/sites/default/files/inline-files/2005_summary_of_findings.pdf#page=31

Chapter 1: Understanding the enigma of snoring

We all have heard many myths about snoring. While some are identified as ‘old wives tales’, others are found to be true and especially dangerous to our health. For example, snoring is often believed to be a comical thing as portrayed in movies and television. Even in real life, we make fun of the ones who snore around us. We tell you, it doesn’t feel good at all. Unless you have ever snored or experienced living with a bed partner who snores, you couldn’t know how it feels. It’s annoying, frustrating, and somewhat embarrassing, isn’t it?

According to National Sleep Foundation statistics, around 1 in 3 men and 1 in 4 women snore while they sleep every night³. The statistics result shows that it is a common companion of many people. Almost 90 million Americans are affected by snoring. The clinical name of snoring is “stertor”; the literal meaning of this word is ‘*loud, raspy, labored breathing, caused by obstructed respiratory passages*’. This word is derived from the Latin word *stert(ere)* and was first used in 1804. Irrespective of what you call it, it occurs to all sorts of people regardless of their age.

In simpler terms, it is the vibration of the respiratory structure caused by the obstruction in the passage of air through the nose and throat⁴. When the air is blocked physically through the mouth and nose, that’s when snoring occurs. The area at the back of the throat narrows, its muscles relax or sometimes temporarily close off, when we sleep. The air passing through the smaller opening rapidly can cause the tissues surrounding the opening to vibrate, which can cause the sounds of snoring⁵.

Its sound is like any other vibration sound, for example: When we speak, our vocal cords vibrate and hence produce a sound. Take a look at another example; we all experience stomach growling occasionally. When air and food pass through our intestines, our stomach growls⁶. Similarly, when one draws a breath, it occurs while it may also happen when they breathe out. Each one of us occasionally snores, while some people are soft snorers, many others snore chronically.

³ <https://www.sleepfoundation.org/press-release/lack-sleep-affecting-americans-finds-national-sleep-foundation>

⁴ <https://my.clevelandclinic.org/health/symptoms/15580-snoring/possible-causes>

⁵ https://www.medicinenet.com/snoring/article.htm#why_do_people_snore

⁶ https://www.medicinenet.com/snoring/article.htm#what_causes_snoring

Commented [A1]: Too general – The statistics and then common and many people. So how many people and how common? Numbers, statistic or change

Commented [A2R1]: The statistics here refer to the former sentence where there is reference of National sleep foundation. For the numbers, if you read the next line, it is mentioned how common it is. 90 million American are affected by snoring. 90 million is a number or total proportion.

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Why people snore?

Dr Brett Comer, a head and neck surgeon, as well as an associate professor of otolaryngology at the University of Kentucky, says: ‘We tend to lose muscle tone when we’re asleep— this way, the tongue flops back and the tissues and muscles in the throat and nose relax. There are a bunch of other factors too that play a noteworthy role in a person’s propensity to snore. Overweight, indulgence in alcohol and sleeping on your back are a few to name⁷.

Some reasons to snore may sound like a myth, oftentimes a few others are discovered as a real cause of this headache. The most common cause/reason that you will probably come across every time you hear or read the word of snoring is Sleep Apnea. To find out why ‘snoring’ and ‘sleep apnea’ are used interchangeably, let’s dive straight into what sleep apnea is.

Sleep Apnea - why every discussion on snoring leads to sleep apnea?

From a medical perspective, snoring could be a sign of a chronic condition. Distinguishing between snoring and OSA is key to treat the condition. While snoring itself is just a vibration, creating a sound, loud, frequent snores hint towards sleep apnea or OSA⁸. There are two types of apnea:

- **Obstructive Sleep Apnea (OSA):** The blockage or pauses in breathing caused due to the collapse or narrowing of the upper airway is known as OSA. It usually causes the person to wake up to breathe again. This doesn’t happen in regular snoring. OSA obstruction is hard on the chest and diaphragm muscles causing them to work up to open the blocked airway⁹. This is the most common type of apnea.
- **Central sleep apnea:** This type of apnea doesn’t block the airway, but due to the fragility in the respiratory system, the brain fails to send signals to the muscles to breathe. CSA or Central Sleep Apnea is associated with severe

⁷ <http://time.com/5491944/what-causes-snoring/>

⁸ <https://www.sleepapnea.org/learn/sleep-apnea/do-i-have-sleep-apnea/is-it-snoring-or-sleep-apnea/>

⁹ <https://www.aastweb.org/blog/obstructive-vs.-central-sleep-apnea-key-differences-and-treatment-options>

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illness in which lower brain is affected¹⁰. This type of apnea is not very commonly found in people.

While both forms of apnea are chronic and serious, the most common one found in nearly half of the snorers is OSA¹¹. Here, it is important to understand why sleep apnea is so commonly associated with snoring. In both the conditions, the patient makes irregular sounds. However, it is not compulsory. Some OSA patients do not snore at all and still, suffer from OSA¹².

Symptoms of obstructive sleep apnea (OSA):

Walter Payton, once said:

“When you’re exceptional at something, they’ll tell you.”

Individuals who are suffering from OSA aren’t even aware of having difficulty in breathing. In fact, their bed partners often point out the problem.

Although Payton was mentioning to his athletic ability in this quote, the same goes for snoring. When you snore, people will let you know! One thing you can be sure of is that your partner will most likely let you know if you snore. They might wake you up in the middle of the night and ask you to roll over or wait until morning to tell you. Either way, at some point, you are probably going to find out about it. For those who sleep alone, they can plan a sleepover with friends, look at their symptoms or download an app that tracks your breathing while you are in deep sleep¹³.

The symptoms of sleep apnea are explicit and well defined. A person suffering from sleep apnea can be diagnosed easily because their snoring will be very loud and harsh, but in some cases of sleep apnea, the person experience no snoring at all, hence it cannot be diagnosed. In order to know whether you or your loved one is a patient of OSA, take a quick look at its symptoms.

- 1. Fatigue & tiredness:** As much as procrastination is our favourite thing in the world, this fatigue and lethargic behaviour are not even near to the way

¹⁰ <https://www.aastweb.org/blog/obstructive-vs.-central-sleep-apnea-key-differences-and-treatment-options>

¹¹ <https://www.mayoclinic.org/diseases-conditions/obstructive-sleep-apnea/symptoms-causes/svc-20352090>

¹² <https://www.sleepapnea.org/learn/sleep-apnea/do-i-have-sleep-apnea/is-it-snoring-or-sleep-apnea/>

¹³ <https://sleepguardian.com.au/blogs/news/how-do-you-know-you-snore-if-you-live-alone>

we like to procrastinate. It is not uncommon for a patient suffering from sleep apnea to take naps during the day¹⁴. They can fall asleep watching their favorite series or doze off in the car, even while having a conversation with someone, can drift to sleep. This happens due to restless nights and sleep deprivation.

- 2. Mood-swings and forgetfulness:** Sleep apnea can severely affect a person's behavioural and cognitive patterns too ¹⁵ . Due to extreme exhaustion, patients of sleep apnea often even forget about routine chores. Also, patients often report frequent mood changes and sudden rage.
- 3. Gasping sensations & choking:** Your bed partner snores, that's fine! But have you ever seen your partner waking up in the middle of the night or during the wee hours gasping for air? If yes, know that it's OSA. This happens when the breathing pattern halts while the person is asleep, waking them up all panting¹⁶.
- 4. Waking-up with dry or sore throat:** Don't misunderstand your dry throat with throat infection or sore throat. A dry throat can be a consequence of you trying to catch your breath all through the night¹⁷. Naturally, when the person wakes up choking air, they can have a dry or even sore throat. If this is the condition you are experiencing, you probably might have OSA.
- 5. Loud snoring:** Common as it may sound like a regular snoring, loud snorts and grunts are also one of the indicators a person is suffering from OSA. The sound is usually loud and thunder like because the OSA patient catches up on breathing after the pause of a few seconds¹⁸.
- 6. Recurrent awakenings & headaches:** Surprisingly enough, your bosses or your girlfriend are not the only ones who can cause you headaches. There are several other reasons too. One of them also includes lack of sleep. Interruptions in sleeping can be a pain in the neck. Sleep apnea can be

¹⁴ <https://www.livescience.com/34797-sleep-apnea.html>

¹⁵ <https://www.ndtv.com/health/do-you-have-sleep-apnoea-know-the-symptoms-it-may-cause-memory-loss-depression-1989919>

¹⁶ <https://www.mayoclinic.org/diseases-conditions/obstructive-sleep-apnea/symptoms-causes/svc-20352090>

¹⁷ <https://www.webmd.com/sleep-disorders/guide/understanding-obstructive-sleep-apnea-syndrome#1>

¹⁸ <https://www.webmd.com/sleep-disorders/sleep-apnea/features/sleep-apnea-clues#1>

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diagnosed in this way also that the person suffers from severe headaches every day, pointing out the condition that he/she lacks in sleep¹⁹.

All of us want a good night's sleep. More than that, we don't want to be a reason of annoyance for anyone during the night. The first significant step is to identify the real cause of snoring and then move ahead to completely alleviate this problem. Above mentioned are the most common symptoms of Obstructive Sleep Apnea (OSA) that triggers snoring and impair sleeping patterns.

Now that you have been enlightened with the difference between regular snoring and sleep apnea as well as its symptoms, we can make our way forward by leaps and bounds.

¹⁹ <https://americanmigrainefoundation.org/resource-library/sleep/>

Chapter 2: Who snores?

Winston Churchill was an infamous snorer. And so was, Queen Victoria, allegedly.²⁰ When it comes to snoring, we usually picture a large sized guy with his massive body stretched out on the bed creating thumping and thwacking sounds out of his nostrils and mouth. But that's not always true! A tall, slender and graceful lady can snore just as loudly. And some people are so boisterous that you can literally hear their energy in the form of snores.

According to National Sleep Foundation statistics, around 1 in 3 men and 1 in 4 women snore every night²¹. Regardless of the gender, snoring can start at any age. However, it's not normal to snore at any age²².

As we age, we are literally stormed by health issues. Your greying hair are a sign that you are now more prone to a variety of illnesses and medical conditions. The problem of snoring responds no different to this natural process of ageing. In all honesty, it elevates with age. Occasional snorers become regular and frequent snorers, regardless of their gender²³.

To get an even clearer picture of what happens to our snoring habits as we age, we first need to understand the changes that occur in our body and sleeping patterns as we grow older.

Ageing and snoring – the sweet old relationship

With every tick of the clock, we lose a second of our life. As humans grow old, their physiology changes. As physiology of the human body changes, it starts to function differently, or should we say a little weird. **We lose our appetite, our sleeping lessens and our energy level declines²⁴.**

²⁰ <http://time.com/5491944/what-causes-snoring/>

²¹ <https://www.sleepfoundation.org/press-release/lack-sleep-affecting-americans-finds-national-sleep-foundation>

²² https://www.huffpost.com/entry/how-to-stop-snoring_n_7687906

²³ <https://www.webmd.com/sleep-disorders/guide/snoring>

²⁴ <https://www.aplaceformom.com/blog/01-23-2013-loss-of-appetite-in-elderly/>

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Remember your grandma singing lullabies and reading out bed-time stories to you? **That's because they find it harder to sleep immediately in dotage²⁵** and sometimes stay up all night. Hence, they are more likely to snore.

As quoted in snorelab; no fewer than 10% of 17-29 years old say they frequently snore, while more than 40% of over 50 years of age do²⁶. Snoring is so prevalent that people have found ways to profit from it. Now you know why you see so many customized pillows in the market with snoring written in bold letter.

It's inevitable to stop ageing, but it shouldn't be the same with snoring. So, what exactly is the relationship between age and snoring? Well, this time around, we don't have a good news for you. Ageing actually has an effect on the habit of snoring. It poses both direct and indirect causes.

Frail airway: Reality check for all! Have you ever closely observed the older people? It's not just their patience that has grown thin but their skin as well from being thick, elastic and supple. A major reason of such physical and internal changes are that their organs have started to shrink. This is a direct cause.

When the skin loses its tension and rigidity, the muscles of our body start to fatigue and become less toned. The tissues of our air passage start to vibrate and lose its firmness. Therefore, this serves as a direct reason for snoring when a person becomes old.

There are some other indirect factors too that come with ageing and they also play a vital part in turning you into a loud snorer. These include:

Gaining weight: Heads up you chubby fellas! Check your weight. If the needle of the weighing machine budes at a stroke, know that it's an indication. Carrying excess weight on your body not only adversely affect your health, also it can lead towards harsh snoring²⁷. Here you might find yourself wondering, what is excess weight? Excess weight is having more body fat than is optimally healthy²⁸. Excess weight can be found by calculating the BMI.

²⁵ <https://www.aplaceformom.com/blog/11-26-15-manage-sleep-problems-in-dementia/>

²⁶ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5127617/>

²⁷ <https://www.helpguide.org/articles/sleep/snoring-tips-to-help-you-and-your-partner-sleep-better.htm/>

²⁸ <https://en.wikipedia.org/wiki/Overweight>

BMI or Body Mass Index is a measure of body size. It calculates a person's weight with respect to their height²⁹. It is a screening tool that can indicate whether a person is underweight, overweight, if they have a healthy weight, or obese. You fall within the underweight range if your BMI is less than 18.5, if it's 18.5 to 24.9, you fall within the normal or Healthy Weight range. In case you are overweight, your BMI will be between 25.0 to 29.9. If your BMI is 30.0 or exceeds, you fall within the obese range³⁰.

Many studies have been conducted on the relationship between BMI and snoring. And most of the studies showed that people with high Body Mass Index (BMI) are at higher risk for snoring and other sleep disorders³¹.

Much as slumping against the cushions may always tempt you, reduced physical activity can drag you to snore heavily³². Moreover, less exertion and slow metabolism rate make age and weight gain go hand in hand. We tend to store fat on different body parts due to less muscular movements, particularly weight gained on the neck and midriff worsens the risk of snoring.

Breaking a sweat can help you get rid of those nocturnal sounds you make.

Use of medication: Check your medicinal pouch and see the number of pills you swallow in a day. If the number is more than 10³³, then you may need to consult your doctor and tell them to prescribe you only the most important ones.

Medications and other drugs used to treat medical issues such as high blood pressure, heart conditions can lead to a congested nose which makes snoring chronic³⁴. If you are too tired and want your muscles to loosen up a little, don't go for **tranquilizers and muscle relaxants** as they also increase the chances of snoring³⁵.

²⁹ <https://www.medicalnewstoday.com/articles/323622.php>

³⁰ <https://www.cdc.gov/healthyweight/assessing/index.html>

³¹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3644827/>

³² <https://www.helpguide.org/articles/sleep/snoring-tips-to-help-you-and-your-partner-sleep-better.htm/>

³³ <https://www.nytimes.com/2017/04/10/upshot/how-many-pills-are-too-many.html>

³⁴ https://www.medicinenet.com/snoring/article.htm#why_do_people_snore

³⁵ <https://www.health.harvard.edu/diseases-and-conditions/snoring-solutions>

Declining immunity: It is not necessary that this only happens as you grow old. Our immune system responds to ageing the same way as any other system of our body that is; it also gets weaker with time. We tend to have more clogged nose and throat infections which are often the result of us catching a cold. Having a clogged nose means loud and harsh snores and this is why people snore more as they age³⁶.

At this point, some of you might be wondering that you are full of youth and have none of these issues still, how come your snores sound like a jet engine just ready to take off? Stop stirring your thoughts, it's too soon to jump to conclusions. There can be a number of other reasons too apart from ageing. Time to flip the picture and look at the other aspect of your life too. Your lifestyle!

Other causes of snoring:

Ageing is inevitable but to everyone's surprise, the problem does not only affect older people. A lot of youngsters also struggle with this problem.

Yes, fewer young people also snore in comparison to the older population, but this term "fewer" still make up hundreds and thousands of adults³⁷. There are a number of other culprits we can blame for creating this nuisance. We are progressively seeing that snoring and sleep apnea is a problem not only for older people, but for youngsters and children as well.

Looking at the bigger picture, sometimes, it is the daily choices that we make which contribute to our health and issues related to it. Your lifestyle choices and daily routine can attribute considerably to snoring. 4 of such major choices you make are:

1. Dehydration

Not drinking enough water is one of such bad choices.

Recall your primary grade science class when you would see a picture of human body with a teacher telling you what percentage of your body is made up of water. Up to 60% of the human body is water³⁸. If you don't drink enough water

³⁶ <https://www.snorelab.com/age-and-snoring/>

³⁷ <https://www.snorelab.com/age-and-snoring/>

³⁸ <https://www.self.com/story/causes-of-dry-mouth-and-dry-mouth-remedies>

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throughout the day, your inner organs can dry out making your nasal and mouth dry too causing you to experience loud nightly disruptions³⁹.

2. Sleep deprivation

Like late night parties and chatting with your buddies? We know the answer.

It is the second bad choice that we make. Yes, the myth that we snore more when we are in deep sleep is true in some cases. The more you are tired, the more likely you are to disturb people around you with snores. Try to take a good 8 or more hours of sleep every day⁴⁰. Else you will end up snoring like a grizzly bear.

3. Obesity

Occasionally we all love to binge eat. And on weekends, adults like to party and make frequent visits to refrigerator all night long. Though that ice-cream tub full of chocolate chips resting in the freezer is enticing you to devour it. Know that being a snorer and being obese are linked together. Obesity and snoring go hand in hand.

Carrying those extra pounds on your body not only adversely affects one's health, but it can even add up to the odds of snoring. Weight loss might be the most effective remedy to stop snoring. Shedding off those extra pounds will not only make you look gorgeous but can considerably help with your snoring habit.

4. Alcohol, booze & tobacco

As they say:

“You look like what you put (eat) in your body”

You wake up looking like a mess the next morning when you spent the other night partying and downing a few drinks, don't you?

Remember that a few drinks will make it worse. The use of alcohol and tobacco are major contributors. While alcohol act as a tranquilizer for the muscles around the throat, smoke triggers irritation and inflammation in the airways. And a mix of both can cause snoring to be harsher, louder and more frequent⁴¹.

³⁹ <https://www.self.com/story/causes-of-dry-mouth-and-dry-mouth-remedies>

⁴⁰ <https://www.tuck.com/how-much-sleep-do-i-need/>

⁴¹ https://www.medicinenet.com/snoring/article.htm#what_causes_snoring

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If a snoring battle is raging in your bedroom, know that you're not alone. The good news is that now you know a tad bit more about snoring so you can always make a few changes to your lifestyle that may lower your risk of snoring. If you have tried all of the above tips and snoring persists, there's no need to freak out because there are **still a** few chapters left to read. Hang on!

Commented [A4]: This book shall bring joy, not a lecture in a school

Commented [A5R4]: If you notice the tone of the sentence is not serious, its playful. I made a few other people read out this line and asked does it sound harsh like a lecture line. And they said it was just fine. Still if you'd want me to change it. I will change the line.

Commented [A6R4]: ok we will try it

Chapter 3: Medical conditions / causes triggering snoring

Dr. Dasgupta says,

“When I hear that story where the patient comes home from work and goes to sleep on the couch at 6 o’clock — it’s not, ‘Oh, how cute, they fell asleep. Actually, that could be a warning sign.”⁴²

After a tiring day at work, when you come back home, all you want to have is a peaceful night’s sleep. But often times it seems like a fantasy when your snoring partner is around. Many of us have been robbed of a good night’s sleep or been banished to another room because of snoring at some point in our life.

Often the snorer in the family is the laughingstock. From being likened to a train engine to a faulty lawnmower, snorers find themselves on the receiving end. But what if we tell you that snoring goes way beyond just those seemingly comical loud noises? It might be alarming for some people to discover that snoring is not just another common disorder. It can be a serious indication towards a crippling illness that needs to be treated as soon as possible.

Though snores feel like merely sounds, this annoyance has been able to attract the attention of the researchers. To decipher this enigma, many studies have been conducted on snoring and most of them have revealed that the phenomenon of snoring is related to certain health issues apart from other common factors. While some of these causes aren’t any cause for a concern, there are a few conditions, which require immediate attention and medical assistance.

Some of you may fear to read on the remaining book, but it is just to let you know how fit and healthy you are where you stand with this problem. Take a dive into the less typical and unheard causes of snoring.

Pregnancy

It’s the news you have been waiting for months or probably years. You are on the moon after hearing it. But wait! Is your wife’s snoring all through this time is making you go all crazy? Well, this time around you have to endure it.

Snoring is fairly normal during pregnancy, even if you've never snored before. The most probable culprits of snoring in pregnant women are their surging pregnancy

⁴² <https://www.nextavenue.org/why-snoring-gets-worse-with-age-and-what-you-can-do-about-it/>

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hormones as they become the reason for mucous membranes in the nose to swell, causing nasal congestions that surge up when you lie down. Also, the increase in abdominal girth and the uterus compressing on the diaphragm is to be blamed for your wife's snoring.

Heart disease or high-cholesterol levels

Low-density lipoprotein (LDL) sometimes called as 'bad' cholesterol, makes up most of your body's cholesterol. It is often associated with harmful effects on one's health and raises your risk of heart stroke. It is constituted of more fat than protein. An excess level of fat can amass and form lipid plaques in your arteries, leading to many heart diseases. According to the latest findings, having less than five hours of sleep can increase your LDL cholesterol levels and take you towards sleep apnea⁴³. Individuals who sleep less pose a greater risk of having high cholesterol levels and the odds of them snoring are high⁴⁴.

Allergies, congestion and your nasal structure

Now, let's try to understand the anatomy of our nose.

Anything that causes obstruction in breathing from nose will have you snore. The wheezing sound that you sometimes hear when they are sleeping is also due to congestion of chest. Some individuals only snore when they have a sinus infection (nose congestion from a cold or flu), or during the allergy seasons. Deformities of nasal structure can also cause obstruction in breathing⁴⁵.

Abnormality in carotid artery

According to Medical News Today, surgeons have found that there is an abnormality (thickening) in carotid arteries of snorers as compared to non-snorers⁴⁶. These medical terms may jiggle your brain cells a bit. However, it is important to know about them to get rid of your problem once and for all.

Basically, carotid arteries are the major vessels in neck that carry oxygenated blood to brain, face and neck. The initial signs of carotid artery disease are Intima-media

⁴³ <https://www.healthline.com/health/high-cholesterol/sleep-and-cholesterol#1>

⁴⁴ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3627372/>

⁴⁵ <https://www.nm.org/conditions-and-care-areas/ent-ear-nose-throat/nasal-deformity>

⁴⁶ <https://www.medicalnewstoday.com/articles/255459.php>

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thickness. It is the measure of thickness of the two innermost layers of the wall of an artery.

Snorers have been found to have greater intima-media thickness. This malformation in snorers is now believed to be a real cause of snoring. **Genetic factors:**

If you are a habitual snorer and have tried all the hacks and tricks without much luck, this may indicate that your forefathers are to blame. Yes, snoring can have hereditary roots. Take a good look at your family members and spot the snorers out there. If there are plenty of snorers in your family, especially your ancestors, then congratulations! You've been passed on the rather unwanted and quite obviously unnecessary legacy of snoring.

These medical reasons aren't mentioned to scare you away! In fact, these are elaborated to give you knowledge about where you stand with your problem. It is always advised to check in or have an appointment with your doctor if you have concerns about your health. A quick blood test is the most suitable option for those who are having such chronic issues of snoring. It can tell a lot about your well-being without burning a hole in your pocket.

To whip your system back into shape, there is nothing better than your doctor's advice and suggestions at this time. He can point you to the right direction. So, consult your family doctor and listen to them because medical conditions can only be cured through medical treatment!

Chapter 4: At home exercises and remedies to stop snoring

As much as you want your snoring to stop, we are sure that your bed partner wants it even more than you. There are enough good reasons to treat snoring. This sleep disturbing and irritating disorder is a giant hurdle in your good night's sleep⁴⁷. Even if your snoring isn't personally keeping you up at night, it's an embarrassing condition that can make us nervous to share our bed with anyone. While we all need a good night's sleep, including the non-snoring partner, if you can't sleep due to snoring, it can lead to some serious health problems⁴⁸. And you need to put an end to it.

For those who live in a hostel or dorm and have a habit of snoring, your bed partner, or roommate can get frustrated and irritated and may even request to change their room. Imagine how mortifying it would be to let the whole management of your dorm know that you snore! And for those who live alone, well then all such of you keep an eye on your health and notice any weird symptoms such as: dry mouth, waking up suddenly (not from a nightmare), feeling tired and having a headache.

Here's the good news! Gratefully, there are many tricks and remedies other than the chemist's shelf solutions which people can try out first to reduce snoring noticeably. Majority of these remedies are free, simple and have been found to massively cure the problem in many cases⁴⁹.

Remedies

At first, we can try out some simple bedtime home remedies. It is important to keep in mind that though not all remedies are for everyone. For those who are single, which most of us are, and don't even have a bed partner, there are many apps through which they can keep track of their snoring and even check if they snore at all. These apps allows you to record, measure, and track your snoring, allowing you to discover ways to treat and reduce it. Some of the best apps include; *Sore lab*, *Snore report*, *Sleep talk* ~~and~~ *Snore recorder* ~~and~~ *Snore Clock*. After keeping a track of your sleeping habits you can try out these quick remedies and check later if these helped or not.

⁴⁷ <https://www.sleepfoundation.org/articles/snoring-and-sleep>

⁴⁸ <https://draxe.com/how-to-stop-snoring/>

⁴⁹ <https://www.dailymail.co.uk/health/article-4889158/Snoring-stopped-five-minutes-day-exercises.html>

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It is important to keep in mind that getting rid of snoring permanently requires persistence, changes in certain lifestyle habits and willingness to try out different hacks⁵⁰.

Changing your normal daily posture to another one can be of help. Sleeping somewhere away from where you normally sleep may disrupt your snoring habit. If changing the position makes no sense to you, you can even try out to elevate your head a few inches. This will ease your breathing and flow of air through the airway. Also there are specifically designed pillows such as [Anti-snore pillow](#), [Smart Nora](#), [Nitetronic Goodnite Anti-Snore Pillow](#), [Level Sleep Restore Pillow](#), [InteVision Foam Wedge Bed Pillow](#) available in the market to help prevent snoring by making sure your neck muscles are not crumpled⁵¹. Try side sleeping, this might just do the trick if your snoring is not as big of a problem. Sleeping on your side can avert the untuned neck muscles from blocking the air passage⁵². The problem is, how to keep you on your side? Here's another oldie to try for you; attach a tennis ball to the back of your pajamas or back of your top. The discomfort of the ball will turn back to your side position.

Many people snore due to the dryness of nose and mouth; a humidifier can help you with maintaining humidity in the air. Dry air causes irritation in the nose and throat resulting in loud snorts and grunts during night time. Because we sleep the longest during the night, this trick might help stop snoring⁵³.

Stuffy nose and chest congestions trigger snoring converting them into sounds like snorts even if it isn't sleep apnea. It is better to clean your nose with saline water before jumping into bed. Try using peppermint oil also. It's found to be useful for sore throat relief and nose congestions⁵⁴. Has your snoring stopped? This means you need to check that you don't sleep with a stuffy nose anymore.

The culture of being awake the whole night is not new to us. All of us like to party hard till late in the night and then drift to sleep as soon as it is over. Being awake the whole night and partying increases your chance of gorging on food. According

⁵⁰ <https://www.helpguide.org/articles/sleep/snoring-tips-to-help-you-and-your-partner-sleep-better.htm/>

⁵¹ <https://www.webmd.com/sleep-disorders/features/easy-snoring-remedies#1>

⁵² <https://www.healthline.com/health/snoring-remedies#remedies>

⁵³ <https://www.bustle.com/articles/173851-how-to-stop-snoring-at-night-according-to-a-snoring-expert>

⁵⁴ <https://www.webmd.com/sleep-disorders/features/easy-snoring-remedies#2>

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to Snoring Source, consuming dairy products or large portions of the meal just before bedtime say like an hour before; can worsen snoring⁵⁵.

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Exercises

Working up a sweat can help us shed that extra weight around our belly. That's cool! But did you know that it can also help in putting a stop to your snoring? There are some exercises too that can tackle snoring⁵⁶. These highly focused stop snoring exercises are likely just the thing for you, if you are looking for typical anti-snoring exercises. But here you are not doing squats or lunges! Instead, you are training and toning your mouth and throat muscles to stop making weird noises⁵⁷.

Some specific exercises greatly contribute in toning and strengthening the muscles of the throat.

1. Tongue curlers:

Keep your mouth open and curl your tongue against the hard roof palate. Take your tongue as far back as it can go. Repeat it 20 times, and you'll see the difference in your snoring⁵⁸.

2. Pronounce vowels

It is as simple as it sounds. Take your inner child out and imagine it's your grammar class. Repeat each vowel (a-e-i-o-u) aloud for two to three minutes a few times a day and hold for a few seconds while pronouncing each vowel. It's also a great way to teach your little one all the vowels.

3. Shut your mouth

No, it's not like someone telling you to shut your mouth and mind your own business. In fact, it's an exercise to help you lessen the intensity of your snoring. Close your mouth for a few minutes and purse your lips. Hold this position for some good 30 seconds.

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⁵⁵ <https://www.snoringsource.com/can-food-cause-snoring/>

⁵⁶ <https://www.snorelab.com/mouth-exercises-for-snoring/>

⁵⁷ <https://somniahop.net/exercises-to-stop-snoring-what-really-works/>

⁵⁸ <https://www.helpguide.org/articles/sleep/snoring-tips-to-help-you-and-your-partner-sleep-better.htm/>

4. Move your jaw

This might look funny, but it's helpful! Right after you wake up in the morning and dash into the washroom, try out this exercise! Open your mouth, move your jaw to either side, and hold for some seconds. Practice it as many times as you can⁵⁹.

5. Toy with your cheeks

Pull either side of your cheeks out with the help of your fingers. Now use the muscles of your mouth to pull your cheeks in with your fingers still clamped to the cheeks⁶⁰. Make sure you wash your hands before doing this exercise.

6. Make the sound 'aaahhh'

Look in the mirror, open your mouth and contract the muscles of the back of your throat 30 times while you make the sound of aaahh. Make sure you see your uvula (the dangling part in your throat) moving up and down⁶¹. Practice this exercise daily and get better at it because it is one of the key exercises in reducing snoring.

Once you get better at this exercise, you'll be able to move the uvula up and down without making a sound.

7. Sing a song

It's time to bring your inner Ed Sheeran out. This exercise is a fun one. Some of the snorers might have dreamt of becoming a singer once in life. So you can try out singing, not professionally but for the sake of fun and getting rid of your snoring. Singing is also a great way to have control over your throat muscles⁶². So spend time crooning your favorite songs and stop snoring!

These exercises and remedies have been reported as the most effective. Remember, you won't see the effects and results instantly but practising these daily can surely make a difference in your problem. To get better chances at success, repeat the hacks consistently and set aside a few minutes of your day for exercising.

⁵⁹ <https://www.helpguide.org/articles/sleep/snoring-tips-to-help-you-and-your-partner-sleep-better.htm/>

⁶⁰ <https://www.huffpost.com>

⁶¹ <https://somniahop.net/exercises-to-stop-snoring-what-really-works/>

⁶² <https://www.helpguide.org/articles/sleep/snoring-tips-to-help-you-and-your-partner-sleep-better.htm/>

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Small tip: *When exercising, try to do it alone as you may look or feel a little weird.*

Chapter 5: End snoring through drugstore cure & gadgets

Snoring is so common in the world that you'll not be amazed if we tell you that there are anti-snoring kits available in the market. Yes, a complete kit that has some pieces to stop your snoring.

By now you've probably realized that your snoring may be a cause for concern not only for you but also the ones around you. So, it's final that it has to stop one way or the other.

Every now and then we tend to jump to medicines for the cure of any disease. This is simply because medicines are the easiest, simplest and quickest option to get rid of any disease. People who are under this disease exhibit no different behavior to the use of medicines. Most of you people might be reading this book to find out the best over the counter products for their disease. Let's make it interesting for those who are here to find out what works best.

Generally, these kits include some chewing tablets or gums, a throat and a nasal spray. It's natural and active ingredients focus on shrinking down the soft swollen tissue sin your throat that blocks your nasal passage⁶³.

First up we have some over-the-counter (OCT) products. Nasal abnormalities can be real and a lot of snoring is due to congestions. A variety of products are designed to treat the nasal congestions that are a probable cause of snoring⁶⁴. Some nasal strips and nasal support devices may relieve you from intense snoring. There are some snoring strips too that helps you breathe easily and can drop your snoring significantly down. These breathing strips keep the flow of air smooth and the nasal passages open⁶⁵. They move apart your nostrils a little apart creating more passage for air to pass out⁶⁶.

The next device that is a popular anti snoring product is lubricating spray. Yes, like your machines and doors need lubrication to work properly, same goes for snoring. Lubricating sprays usually moisturize the throat to minimize snoring.

⁶³ https://www.vice.com/en_us/article/59y4vq/products-to-stop-snoring

⁶⁴ <https://www.webmd.com/sleep-disorders/understanding-snoring-treatment#1>

⁶⁵ <https://health.usnews.com/health-news/health-wellness/articles/2015/06/16/what-works-for-snoring>

⁶⁶ <https://www.colgate.com/en-us/oral-health/conditions/respiratory-conditions/snoring-aids-do-they-really-work-0214>

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However, more than dry throats blocked airways are the real cause of snoring but the minty flavor in the lubricating spray may help clear up your chest or nasal congestion, which can minimize snoring⁶⁷.

Other products include some pills and herbal medicines that claim to reduce it but these haven't been properly studied⁶⁸.

Some oral appliances or gadgets are mouth guard and retainers that can be inserted in mouth while you are asleep. They prevent the collapse of the airways responsible for making this weird sound of snoring that we hear at night⁶⁹.

If there is one type of product that is very popular and does well with this problem, it is snoring pillows. These pillows are extremely comfortable while you lie on your side on these pillows. These are just to aid you sleep on your side without making you uncomfortable at all. Most of these pillows have a hose attached to them with sensors that sense when the person is snoring, they immediately inflate gently to adjust your head to a sleeping position that does not make you snore⁷⁰.

The problem with these OTC products is **that they are** uncomfortable to use specially the oral devices so they can keep you awake all night making you sleep deprived which is malicious for your health⁷¹. Also, there are enough over-the-counter products available in the market to make you confuse which one to try out. The process may involve some trial and error before you finally get rid of snoring⁷². However, they have no side effects or bear no aftermaths so you can try for once.

If you have read carefully and paid heed to whatever was written, you might have noticed that somehow the problem lies with the nasal passages and most of these

⁶⁷ <https://www.colgate.com/en-us/oral-health/conditions/respiratory-conditions/snoring-aids-do-they-really-work-0214>

⁶⁸ <https://www.webmd.com/sleep-disorders/understanding-snoring-treatment#1>

⁶⁹ <https://www.colgate.com/en-us/oral-health/conditions/respiratory-conditions/snoring-aids-do-they-really-work-0214>

⁷⁰ https://www.vice.com/en_us/article/59y4vq/products-to-stop-snoring

⁷¹ <https://www.webmd.com/sleep-disorders/understanding-snoring-treatment#1>

⁷² <https://www.colgate.com/en-us/oral-health/conditions/respiratory-conditions/snoring-aids-do-they-really-work-0214>

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gadgets, devices and cures are directed towards it. Therefore, if you keep your nasal and throat passage clear chances are higher, you can finally say bye to snoring.

These devices and products are easily available at online portals such as [amazon.com](https://www.amazon.com), [tuck.com](https://www.tuck.com), [vital sleep.com](https://www.vitalsleep.com)⁷³. They have completely written descriptions of these devices. Some of you might find these devices pricy, but this is the least expensive option after home remedies, that doesn't work for everyone. Other than the online portals, you can find them in nearby stores too.

Caution: Before trying out any of these products, make sure you consult your doctor and ask him to prescribe you the best cure.

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⁷³ <https://www.colgate.com/en-us/oral-health/conditions/respiratory-conditions/snoring-aids-do-they-really-work-0214>

Chapter 6: Surgeries to cure snoring

While many of you might be very much pleased with the results of home remedies and devices mentioned above, some of you might wonder what benefit they had because they did nothing for them. These over-the-counter products, though easily available in the market does not guarantee oh so amazing results. The reason behind this paradox is that they suffer through chronic snoring and those devices are not actually meant for them. They have a long-term relation with this nuisance that needs to be treated with hard-core cure.

For harsh snoring or snoring caused due to sleep apnea, doctors recommend surgical procedures when all other effective methods fail to deliver the results⁷⁴. We shall take a dive into the details of these surgical procedures to know how much effective they are because going for a surgery might be the last choice you are left with.

Pay attention to these names, you might listen them from your doctor.

Palatal surgery/ implant

Also called pillar procedure, is an implant, type of a minor surgery used to treat snoring and not so severe cases of sleep apnea. In this surgery, small polyester (plastic) rods are implanted into the soft upper palate of your mouth. Each of these mini implants are about 18 mm long and 1.5 mm in diameter. The palate solidifies as the tissue around these grafts heals. This way, the tissue stays more rigid and is less likely to vibrate making you snore⁷⁵.

Palatal surgery usually cost between A\$2,000-3,000 and this cost includes surgery, anesthesia and hospital or surgery day charges. This form of treatment is only effective when an over-sized and droopy uvula is the cause of the snoring⁷⁶.

The overall effectiveness or success rate of this surgery remains limited, as the chances are higher if and only if appropriate patients undergo this surgery⁷⁷.

Septo-plasty and turbinate reduction

⁷⁴ <https://www.healthline.com/health/surgery-for-snoring#surgical-options>

⁷⁵ <https://www.healthline.com/health/surgery-for-snoring#surgical-options>

⁷⁶ <http://www.sleeptherapyclinic.com.au/surgical-treatments-snoring-apnoea-apnea>

⁷⁷ <https://pdfs.semanticscholar.org/6071/500a7fb3d7c98abf9c9131d8f79670317067.pdf>

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A physical deformity, which in the case of snoring is in your nose, cause blockage of breathing which we know is also termed as, Obstructive Sleep Apnea. If it's severe, the doctor may recommend septoplasty or turbinate reduction surgery.

As the name implies, a turbinate reduction decreases the size of tissues inside your nose. This helps moisten as well as warm the air you breathe. Septoplasty, whilst, involves straightening of the bones and tissues placed naturally in the center of your nose. These surgeries are done together usually one after the other⁷⁸.

Turbinate reduction/ Septo-plasty is not as costly as compare to palatal implants. They may cost a patient around \$800 and \$10,000. It's cost largely depends on how much tissue is removed from the throat and how long the removal process takes. With insurance, the cost may increase a little say a few hundred dollars, or even free, depending on your insurance company and health plan⁷⁹.

The long-term evaluation of the surgery divulged that 68% patients experienced "improved nasal breathing" out of a total 40 patients who underwent this surgery, and 11 year after the surgery, 56% were satisfied with the overall outcome in their snoring behavior⁸⁰.

Uvulopalatopharyngoplasty (UPPP)

Yes, the name of this surgery might want you to twist your mouth a bit. **But, it works!** This surgical procedure is done under local anesthesia and it involves getting rid of some soft tissues attached in the back and top of the throat. In the list or removing also comes the uvula, the dangling piece of meat hanging in your throat, as well as some of the walls and palate.

This is a rare surgery and its list of long-term side effects are intimidating. Chewing and swallowing **problem tops the list** of side effects. Change in voice, or the permanent feeling of something in your throat are very common issues after you had gone through this surgery. For example; in a record of 186 persons the probable no. of patients who can experience a change in their voice is, 15 which

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⁷⁸ <https://www.healthline.com/health/surgery-for-snoring#surgical-options>

⁷⁹ <https://www.healthline.com/health/turbinate-reduction#cost>

⁸⁰ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6033599/>

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makes 12%, who can have swallowing problems is 26 which is 20%, and those who can undergo oral cavity is 15 which again makes 12%⁸¹.

Some surgeons also use radiofrequency (RF) energy to remove tissues. When a laser is used in this surgery, it's called laser-assisted uvulopalatoplasty. This procedure is exclusively for treating snoring unlike others that helped with obstructive sleep apnea too⁸².

Since we know that, the cost of surgeries vary greatly, same goes for this one too. Uvulopalatopharyngoplasty will cost you around \$2,000 – \$3,000 assisted with laser. If the surgical procedure only involved removing the uvula, it can cost you as low as \$2,000. In case your snoring stems from issues with your tonsils or adenoids, the cost can be \$10,000 or more without insurance⁸³.

According to a prospective study, the effective results 12 months post-surgery were found to be 55.6%⁸⁴.

Hypoglossal nerve stimulation

By now, it has been mentioned many times in the book that the real cause of snoring is the obstruction in airways. And all these devices are somehow addressing the same. Hypoglossal nerve is a device directed to stimulate the nerve that has control over the upper airway passage. It has sensors that activate during sleep and sense when the person wearing it is not breathing normally⁸⁵. Simple solution for your not so simple snoring issue!

The placement of this device in the hypoglossal nerve is by far the most expensive surgery. This surgery can cost the patient about \$30,000 to \$40,000, with the inclusion of hospital expenses and those associated with surgery. In case of battery replacement of the device, the patient may need to spend extra \$17,000⁸⁶.

⁸¹ <https://www.sciencedirect.com/science/article/pii/S0954611112003514>

⁸² <https://www.healthline.com/health/surgery-for-snoring#surgical-options>

⁸³ <https://snorenation.com/snoring-surgery-cost-insurance-answers/>

⁸⁴ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4451538/>

⁸⁵ <https://www.verywellhealth.com/hypoglossal-nerve-stimulator-for-treating-sleep-apnea-3015195>

⁸⁶ <https://www.verywellhealth.com/inspire-for-sleep-apnea-3015288>

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6 months post-surgery, the results were not found to be as effective because of the technical effects that led to the dysfunction of the device⁸⁷.

Genioglossus advancement

This surgery is comparatively extensive and involves pulling forward the tongue muscle that are attached to the lower jaw. This way the tongue stays firmer and relaxes less during sleep.

This involves cutting a small piece of bone in the lower jaw where the tongue attaches, and then pull it forward. The doctor attaches the piece of bone to the lower jaw with a small screw or plate to hold the bone in place⁸⁸.

The cost for Genioglossus advancement surgery is \$2,000-\$10,000. Normally, insurance cover a portion of this procedure but if not, then you may have to borne this cost all alone⁸⁹. Looking at the success chances of this surgery, they are very high in comparison to other surgeries. The success rate 12 months post-surgery is 95.8% of UPPP+GA⁹⁰.

Hyoid suspension

A hyoid suspension surgery requires the surgeon to move forward the elastic throat tissue commonly known as epiglottis and the base of the tongue. This deeply opens the breathing passage.

With a deep cut into the upper throat, a surgeon detaches several tendons and some muscle. Once the hyoid bone is moved forward, a surgeon attaches it back into its place. The surgery does not affect the vocal cords; therefore, free yourself from the apprehension of having your voice changed after surgery⁹¹.

⁸⁷ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5610953/>

⁸⁸ <https://stanfordhealthcare.org/medical-treatments/t/tongue-surgery/types/genioglossus-advancement.html>

⁸⁹ <https://schendelmd.com/Procedures/Sleep-Disorder-Surgery/Genioglossus-Advancement-Palo-Alto-CA>

⁹⁰ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4451538/>

⁹¹ <https://www.lexingtonclinic.com/osasurgery/hyoid.html>

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More complex and often less effective, according to a study conducted on a group as small as 29 participants, the success rate of this surgery is found to be only 17%⁹².

Also known as, hyoid myotomy and suspension or hyoid advancement, this surgery is also inexpensive and cost almost a fraction of the cost of complex hypoglossal nerve stimulation (HGN) implants⁹³.

All the above mentioned surgeries and their cost will depend on your surgeon, the hospital you have your procedure, the length of your stay in the hospital, and what type of anesthesia will be administered during your operation⁹⁴. It is also important to note that all these surgical procedures require extreme care and consistent post-operative checkups for at least a month.

Already thinking which surgery is best among all of the above? Well, there isn't a definite answer to this question because it largely depends on your snoring and sleeping symptoms and only a professional doctor can tell you so.

It's clear that there are way too many surgical options to treat snoring, but that doesn't mean that they are certainly a good choice for you. It is always better to consider all the choices and remedies beforehand because no surgery guarantees solving your stubborn snoring permanently and all of these comes with inherent risks. Moreover, prodding your organs with a knife for no reason is always a risk. Alarming, isn't it?

So think of it as your last option before just getting under the knife.

Commented [A24]: Why we can't recommend one surgery is addressed here.

⁹² <https://www.healthline.com/health/surgery-for-sleep-apnea>

⁹³ <https://www.siestamedical.com/airlift-tm>

⁹⁴ <https://snorenation.com/snoring-surgery-cost-insurance-answers/>

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Conclusion

If you are reading this part of the book, you probably have come to an end of this snoring story. In the end, there are a few pointers to keep in your mind. Snoring is more like a pulled muscle that you can make better by improving and treating. It's nothing personal, hence, don't be embarrassed. But, in case your partner nags about you snoring, take it seriously.

Start by visiting a doctor or speaking with a sleep specialist about your condition. They will enlighten you with many treatment options. Make sure you go for a second opinion too and find a solution that leaves you and those around you sleeping better and blissful.

--Author's Name