



SNORING

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INTRODUCTION

What this eBook is all about...

The problem of snoring which is quite a serious one for many people is addressed in this book covering an extensive range. Understanding snoring and its adverse effects, identifying the causes of Snoring, problem of snoring in different people and various treatment options are addressed in this book.

Though we give you a thorough insight into snoring and its related issues, this book cannot be treated as a substitute for sound medical advice and treatment nor is it intended to be an advisory on how to cure or prevent snoring.

As far as possible, accurate information has been provided after extensive research. It is recommended not to take this book as an authentic guide or professional reference.



DEMYSTIFYING SNORING

What exactly is this snoring and what causes people to snore?



Snoring is actually coarse sounds produced due to vibration of the soft palate and other loose tissues in the mouth, nose and throat. Turbulence in the airway of the throat while breathing produces the sound.

Turbulence in the air passage is created due to partially blocked passage between the nose and throat. This constriction occurs especially when the person goes very deep into sleep and he or she is unaware of the disturbance caused to others.

Snoring can be considered a social problem because it tends to embarrass the snorer and causes sleepless nights for others around. It can also be considered a medical problem because snoring affects sleeping patterns, and deprives the snorer of his needed rest.

If snoring is severe, it causes serious long-term health issues, daytime drowsiness, irritability, and lack of focus. Thus, it is vital to treat the problem seriously.

Medical experts like Laurence Smolley claim about forty five percent of normal adults tend to snore. So if you are one of them, you certainly have to be more informed about your snores.

Statistics

Apart from Laurence Smolley's claim, there are other more shocking revelations. According to some, almost a half of the households in America are affected by snoring.

Adults who snore form a major part of the country's population almost two thirds according to their partners. Another survey by the National Sleep Foundation shows people who profess to snore number nearly sixty percent.

As we thus see, snoring is the most commonly occurring syndrome much more common than we think. If you are a snorer, you are certainly not alone.

Who exactly snores??

Snoring is common among men, women, children and even babies. It may be interesting to know even pets snore.

It is a common myth that only men snore. It is not so. Though it is more predominant among men because their air passage is narrower than the women, causes like alcohol intake, obesity, smoking, etc can cause snoring in women too.

Snoring in such cases can be cured by addressing these causes. Cases where it is difficult to cure are when snoring occurs due to nasal allergies, blockage in the tubes, narrowing of the throat membrane, hereditary factors or even ageing.

Anyone can snore.....

These pages are a sample of what is available in the full version of **Stop Snoring Now - Aids and Remedies** an informative ebook available at www.ebookaudiodepot.com.