

How to Stop Snoring In 2018

The 5 Types of Snorers and Their Causes



The Nose Snorer

Cause: Blocked nasal passages or collapsing nostrils that lead to mouth breathing



The Mouth Breather

Cause: An open mouth and relaxed jaw



The Tongue Snorer

Cause: Tongue dropping to the back of the mouth and obstructing airways



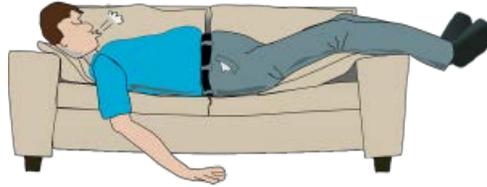
The Palatal Fluttering Snorer

Cause: Soft palate and uvula vibrating



The Multi-Factor Snorer

Cause: A combination of some or all of the above



Snoring is known to cause sleep deprivation to snorers and those around them, as well as daytime drowsiness, irritability, lack of focus and decreased libido. It has also been suggested that it can cause significant psychological and social damage to sufferers. Multiple studies reveal a positive correlation between loud snoring and risk of heart attack and stroke.

Though snoring is often considered a minor affliction, snorers can sometimes suffer severe impairment of lifestyle. The between-subjects trial by Armstrong et al. discovered a statistically significant improvement in marital relations after snoring was surgically corrected. This was confirmed by evidence from Gall et al., Cartwright and Knight and Fitzpatrick et al.

New studies associate loud "snoring" with the development of carotid artery atherosclerosis. It's been demonstrated that snoring vibrations are transmitted to the carotid artery, giving one possible mechanism for snoring-associated carotid artery damage and atherosclerotic plaque development. These researchers also found amplification of the snoring energy within the carotid lumen at certain frequencies, adding to this scenario.

Vibration of the carotid artery with snoring also lends itself as a potential mechanism for atherosclerotic plaque rupture and consequently ischemic stroke. Researchers also hypothesize that loud snoring could create turbulence in carotid artery blood flow. Generally speaking, increased turbulence irritates blood cells and has previously been implicated as a cause of atherosclerosis. While there is plausibility and initial evidence to support snoring as an independent source of carotid artery/cardiovascular disease, additional research is required to further clarify this hypothesis.

One study estimates that roughly one in every 15 Americans is affected by at least a moderate degree of sleep apnea.

Sources: [Wikipedia](#), [SnoreZappingTips](#)