



• THE FIXSNORING GUIDE

What your snoring means.

A short, honest guide to the noise you make at night: what causes it, when it's harmless, when it's a signal, and exactly what to do next.

fixsnoring.com

Educational guide. Not medical advice.

● FIRST, THE PHYSICS

Snoring is air fighting through a narrow passage.

As you fall asleep, the muscles of your throat, tongue, and soft palate relax. If the airway stays wide, breathing is silent. If anything narrows it, air speeds up and soft tissue starts to vibrate. That vibration is snoring.

About half of adults snore at least sometimes. The sound itself isn't the problem. What matters is WHY the passage is narrow, because one of the causes isn't harmless.

The one number worth knowing

30 million American adults are estimated to have obstructive sleep apnea, the medical condition hiding behind some snoring. Roughly 8 in 10 of them have never been diagnosed. Not because testing is hard, but because the first step is confusing. This guide is that first step.

Noise, or a signal?

Simple snoring

Steady, rhythmic sound
Often position-dependent
Worse after alcohol
You wake feeling rested
No pauses in breathing

Sleep apnea pattern

Loud, chronic, irregular
Silences, then gasps or snorts
Exhausted despite full nights
Morning headaches, dry mouth
High blood pressure creeping up

In obstructive sleep apnea the airway doesn't just narrow. It repeatedly seals shut. Oxygen dips, and your brain briefly wakes you to reopen it, sometimes dozens of times an hour, all night, without you remembering any of it.

The 5 real causes of snoring

01 Relaxed throat muscles

Deep sleep, age, alcohol, and sedatives all slacken the airway. The classic tell: dramatically louder snoring after evening drinks.

02 Back sleeping

Gravity pulls the tongue and soft palate backward. If snoring stops when you roll side, position is your lead suspect.

03 A blocked nose

Congestion forces mouth breathing and creates suction that collapses the airway. Tracks with allergies and colds.

04 Weight around the neck

Extra soft tissue narrows the passage from outside. Neck size is one of the strongest predictors of snoring and apnea.

05 Obstructive sleep apnea

The airway seals shut repeatedly. Loud snoring with pauses and gasps, plus daytime exhaustion, is the signature.

Seven signs it might be sleep apnea

- 1 Someone has watched you stop breathing, gasp, or choke in your sleep
- 2 Your snoring is loud enough to hear through a closed door, most nights
- 3 You're tired all day no matter how long you spend in bed
- 4 You wake with dull morning headaches that fade within an hour or two
- 5 You jolt awake gasping, or with your heart racing
- 6 You have high blood pressure, or it's been creeping up
- 7 You doze off unintentionally: TV, reading, riding in a car

Scoring honestly

Two or more of these together, or sign #1 on its own, is exactly the pattern a one-night home sleep test is built to explain.

The partner's page

Snoring is a two-person problem. Partners lose an average of an hour of sleep each night next to a loud snorer, and one in four couples ends up in separate rooms. If you're the one lying awake, you're also the best diagnostic tool in the house:

Listen for the silence

Steady snoring is annoying; snoring that stops, goes quiet, then restarts with a gasp is information. That's what physicians ask about first.

Record it

A minute of phone audio from a bad stretch of night beats months of description. Sleep apps catch the pauses clearly.

Say it kindly, once

Shame doesn't get anyone tested. "I'm worried about your breathing at night" works better than a punchline.

Make the first step tiny

A 2-minute quiz or a one-night test in your own bed is an easy yes. A sleep lab appointment usually isn't.

What to do next, in order

1 If your snoring is occasional and you wake rested

Work the easy fixes: sleep on your side, skip alcohol within three hours of bed, treat congestion, keep weight moving in the right direction.

2 If it's loud, nightly, or comes with any sign from page 5

Get one night of real data. A home sleep test records your breathing, oxygen, position, and sleep stages while you sleep in your own bed.

3 If your test finds apnea

You'll have a diagnosis and a prescription from a board-certified sleep physician, and today's treatments are smaller and quieter than the machines you're picturing.

4 If your test is clear

You've ruled out the serious cause. Your report still shows your sleep quality, and the simple-snoring fixes above become your whole project.

The home sleep test, in plain terms

The WatchPAT ONE is an FDA-cleared, single-use sleep test: a small wrist unit with a finger sensor and a chest sticker. You put it on at bedtime, sleep in your own bed, and the data syncs from an app in the morning. Nothing ships.

Measures 7 signals

Breathing events (AHI), oxygen, heart rate, sleep stages, snoring intensity, body position, true sleep time.

Validated properly

Tracks in-lab sleep studies with a 0.89 correlation across a 14-study, 909-patient analysis.

Read by a physician

A board-certified sleep physician reviews every night and writes your report, with prescription if apnea is found.

\$169, once

No referral needed. FSA/HSA eligible. Results in days, not months.



● ONE NIGHT. REAL ANSWERS.

Tonight could be the night you find out.

Take the 2-minute quiz at fixsnoring.com/quiz.html to see whether testing makes sense for you, or go straight to the test and know by next week.

fixsnoring.com

This guide is educational and is not medical advice or a diagnosis. Sleep test results are reviewed by independent licensed, board-certified physicians. If you experience severe symptoms such as pain or extreme sleepiness while driving, seek medical care promptly.