

What causes snoring?

People who snore generally sleep with their mouth open. The sound produced from snoring is created by vibrations in the tissues of the throat as air passes through. Snoring is generally caused by nasal congestion poor muscle tone in the tongue and throat or excessive bulkiness of throat tissue.

Blockages in nasal air passages result from the anatomy of your mouth, or nasal congestion.

Nasal congestion itself is caused by

- Colds
- Allergies
- Sinusitis
- Small nasal passages
- Cigarettes and cigarette smoke
- Pollution
- Other causes sleep apnoea

Muscle tone

When muscles are too relaxed or muscle tone is poor the tongue falls backwards into the airway or the throat muscles draw in from the sides of the throat into the airway. If you have a poor muscle tone in your throat and neck it is important that you avoid substances such as alcohol that relax throat muscles.

Excessive bulkiness

Increased fatty tissues means that your passageway will be narrowed and so increase the chances of snoring as passage of air is restricted. Children with large tonsils and adenoids snore for the same reasons.

Sleep Apnoea

This is a more serious disorder that causes the sufferer to snore. People who suffer from this disorder have a more serious obstruction and stop breathing for up to 10 seconds. This can lead to heart problems and stroke. If you suspect that you or a member of your family has sleep apnoea you should seek medical advice.