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Learn more about Sleep Apnea Snoring by Michael Ullmann

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It is really a serious issue if you discover that your partner snores intensely during sleep or vice versa. This means that the person has trouble in sleeping and thus he gets little sleep. It is important for a person to handle the situation patiently and in a proper way. One needs to identify at first whether the problem is sleep apnea snoring or anything else. A person suffers from snoring when his airways are blocked. Several other causes are there that can lead to snoring. Throat weakness, allergies and fatty deposits in the throat are some of the common reasons.

It is often seen that this disorder is referred to as obstructive sleep apnea. This is quite a serious condition and needs immediate medical intervention. If proper care is not taken, it may make a person unable to breathe normally. A person suffering from this kind of disorder would only face the problem if he sleeps on his back. He would get respite if he sleeps on his side. The thing that triggers sleep apnea snoring is collapse of the airway. This leads to breathing difficulty, though for a short time.

Soft tissue in the throat, obstructed nasal passage and soft palate are some of the things that lead to breathing difficulty during sleep. People suffering from this problem can start to have this more frequently if proper care is not taken. The problem begins with snoring, followed by difficulty to breathe for ten to twenty seconds. This is followed by gasp for air. At the end one is woken up from ones in order to restore normal breathing. If not treated early, sleep apnea snoring can lead to further complications.

According to statistics, about 90% of people suffering from this problem are unable to get sufficient sleep during the night. One afflicted with the diseases can suffer breathing trouble from 100 to 400 times in one single night. However, the redeeming feature of this disorder is that it can be treated effectively. Hence, one should pay an early visit the doctor so as to nip the problem in the bud.

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The Sleep Wellness Center of New York was established by a team of cardiologists, pediatricians, pulmonologists and internists to address the growing need for research, diagnosis and treatment of sleep disorders including Sleep Apnea, Restless Leg Syndrome, Insomnia, Narcolepsy, and Snoring. For more information visit http://sleepwellbewell.com/

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