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Snoring is the sound of obstructed breathing during sleep in which the soft tissues at the back of the throat lose muscle tone, flop back and vibrate. While snoring can be harmless, it can also be the sign of a more serious medical condition which progresses from upper airway resistance syndrome (UARS) to obstructive sleep apnea (OSA).

Snoring and sleepiness affects over 40% of the adult population, often causing significant health and quality of life problems. Snoring can greatly disrupt the quality of sleep, resulting in excessive daytime sleepiness. Snoring can also disturb the sleep of those nearby, causing great frustration and placing a strain on relationships. Snoring has been identified as a possible risk factor for hypertension, heart disease and stroke and can be a symptom of a more serious medical condition called obstructive sleep apnea (OSA).

To some people, snoring doesnâ€™t really affect them since they wouldnâ€™t be woken up by it but to the spouse, itâ€™s a torture. If your snoring goes out of hand and becomes very serious, it might be life threatening. Thus, it would be the better option to try and stop your snoring.

Thereâ€™s a reason behind everything and that includes snoring also. Normally, snoring is mainly caused by a blockage in the nasal pathway. Either they have a slightly weaker throat or it could be the throat and nasal tissues that are causing it. Other than those reasons, drinking and smoking frequently would also result in snoring as they affect your throat muscles. Of course, these are some of the common reasons to the normal snoring. These reasons are just the tip of the iceberg, there are many other reasons that would cause snoring. Snoring can also be an illness and to be exact, it can be a deadly illness. Since snoring seems to be pretty common, people tend to think that theyâ€™re just tired or sleep deprived but in fact, there is a chance of them having sleep apnea.

Customized dental sleep appliances are regarded by sleep physicians as the best available snoring treatment and a primary treatment for sleep apnea. Studies demonstrate they are over 95% effective in overcoming snoring to the satisfaction of the partner or those sleeping nearby. The appliances are made from thin yet high strength acrylic, go over the tops of the teeth and are worn during sleep. Sleep appliances have been proven to be effective, safe and comfortable and have minimal side-effects. Surgery is now rarely utilized because the results have been poor with potentially significant side effects.

Sleepwise Clinic, based in Melbourne, Australia offers the best remedies and treatment options, including dental sleep appliances and CPAP to stop snoring. Sleepwise also offers snoring mouthpiece & mouth guard that will help you prevent snoring at night and sleep peacefully. Sleepwise provides a complete range of new generation dental sleep appliances. SleepWise Clinic is comprised of dentists working in association with sleep specialists to provide state-of-the-art services for the management of snoring and sleep apnea. If you want to go for the best treatment for snoring in Melbourne, visit the site http://www.sleepwise.com.au.

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