

STATISTICS ON SNORING AMONGST MEN AND WOMEN

Snoring can be very annoying. Surprisingly though, it's not only the one kept awake at night that suffers... The tissues of the nose and throat vibrate as air is inhaled which results in snoring. The current consensus is that up to 30% of women and 45% of men snore when sleeping.

Snoring can happen to anyone. There's no formal guideline as to body type, gender or race as a basis for snoring. It's generally known that the position you sleep in, drinking alcohol, certain medications, weight gain, as well as the shape of your throat and tongue can be cause or catalyst for snoring. It's generally agreed that snoring is a factor the older a person becomes.

The way to use your nose when sleeping is to breathe through it, not your mouth. The reason is your nose is designed to be the "air filter" for your lungs. It's the nose's job to be humidifier, heater, and filter, all in one. If you breathe through your mouth none of these is done correctly.

When someone snores, they're often oblivious to it. Some symptoms of someone who snores might be daytime sleepiness, along with inability to get through their normal daily routines or job. Snoring may well be a symptom if you're irritable the following day or feel you've lost sleep during the night. It often shows up in relationship problems.

Some general online statistics on snoring among, men, women and children are:

- Approximately twice as many snorers are men until women reach menopause
- Over 5% of children are snorers
- Two thirds of adult partners say their partner snores
- Sleep apnoea occurs in 20 – 40% of adult snorers. This means that 9% of men and 4% of women between the ages of 30 & 60 show signs of having sleep apnoea
- Sleep apnoea increases the risk of stroke and heart disease, particularly obstructive sleep apnoea
- 1/2 of all people with hypertension have obstructive sleep apnoea
- 1/2 of all people with sleep apnoea have hypertension
- Someone suffering with sleep apnoea is 6 times more likely to be in a car crash than those who don't have a sleep disorder
- Women who snore are shorter and heavier than their non snoring counterparts
- Women who snore have more nasal problems
- The partner who doesn't snore can lose up to an hour of sleep an evening