

It's not Joke: Sniping is Harmful to Health

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- The third part of adult Mexicans snore.
- Snoring alters family coexistence and balance. Obesity, alcohol consumption and smoking, risk factors that facilitate snoring.

Often my patients ask me if snoring is harmful to my health, to which I respond with a statement.

Snoring cannot only be annoying for our partner, but not because there is not enough oxygen that our body demands can be vascular alterations that can trigger myocardial or cerebral infarcts.

Snoring is the external manifestation or clinical sign of a disease that we call "obstructive apnea/hypopnea syndrome of the adult", and that is that our respiratory anatomy beloved reader goes from the nose, nasal passages, mouth, pharynx, larynx, trachea, bronchi and bronchioles until ending in the alveoli where the gaseous exchange of oxygen by carbon dioxide in the blood is made, which in turn allows to nourish all the cells of the organism, so it is important that we learn to breathe, and it is precisely hypopharynx where we find the most obstructions for the passage of air.

If there is an obstruction or obstacle that at any level prevents this supply of oxygen, then tissues will fall into a chronic state for lack of this vital element and begin changes, initially undetectable in our body, but with the passage of time can be become chronic.

Snoring from time to time is not the same as being a habitual snorer, of those who run their partner to another room or space in the house. Generally, we are not aware that we snore until someone else tells us.

Snoring is such an exasperating sound that it causes sleep shorts to more than 100 times per hour.

Causes that cause snoring

- Among the causes that cause the obstruction of the airway we find: the specific anatomy of each person, their state of health and bad habits.
- By anatomy, we locate those people with short necks, with jaws greater or less than usual, with a thicker tongue than the average, the size of the uvula or "bell" or with the nasal septum deviated.
- By health status, we mainly find smokers and those with obesity, because they usually have chronic problems in breathing.
- Due to bad habits, we find those people with bad sleep habits, those who do not exercise, those who eat at unreasonable hours and those who sleep late.

Another cause of snoring is breathing through the mouth, since there is no oxygen in the amount that our body demands, there are respiratory alterations that can sometimes cause us to stop breathing for long periods, producing "apneas". dream".

Recommendations to avoid snoring

Next dear reader, in ready a series of recommendations to avoid snoring

- **Sleeping on your side:** When you sleep you are more likely to start snoring if you are lying on your back, one of the best ways to stop snoring is to sleep on your side, as it positions your throat so that the air you breathe flows without making sounds .
- **Lose weight:** Try to maintain weight control and a balanced diet to avoid obesity and overweight. Losing weight, it is vital to reduce snoring and even eliminate them completely
- **Perform exercise:** Exercise is a great ally to reduce snoring, especially swimming, due to its wonderful effects on respiratory processes.
- **Have good sleep habits:** Establish specific sleep schedules. An adult person, on average, should sleep eight hours a day and a child ten.
- **Avoid smoking and consuming alcoholic beverages:** Leading a healthy life helps the problem decrease. The consumption of alcohol alters the central nervous system, causing the muscles of the throat and jaw to relax; smoking aggravates the respiratory exchange already described.
- **Consult a specialist:** Preferably to a sleep specialist, they are usually Neurological doctors.

So you know, dear reader, take these recommendations into account, since excessive snoring can turn into a nightmare for you, your family or friends, apart from the usual risk of sending them to sleep in the tub.

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