

AADSM member guide | snoring effects blog post

Is Snoring a Sign of a Bigger Health Issue?

Many people in CITY know that snoring can disrupt their sleep, but few realize it may also be a warning sign of serious health issues.

Snoring occurs when airflow is partially blocked during sleep, but loud and frequent snoring may indicate obstructive sleep apnea (OSA). This condition affects 54 million U.S. adults and causes repeated pauses in breathing during sleep, sometimes lasting over a minute. OSA occurs when the tongue and soft palate collapse onto the back of the throat, blocking the upper airway.

If left untreated, obstructive sleep apnea can significantly impact your quality of life and is associated with serious health problems, including high blood pressure, heart disease, stroke, diabetes, obesity, depression, and more.

What Can You Do?

If your snoring is loud enough to wake others or if you suspect it's affecting your health, consider these steps:

- Consult a Qualified Dentist – Dr. NAME can screen and evaluate your snoring to see if it may be linked to OSA and refer you to a medical provider for diagnosis.
- Explore Treatment Options – CPAP (continuous positive airway pressure) therapy is a common treatment, but many patients find it difficult to tolerate. An alternative is a custom-fit oral appliance provided by trained dentists. Oral appliances help keep the airway open and are quieter, more comfortable, and easier to use than CPAP.
- Stay Committed to Treatment – No matter which treatment you select, consistent use is key to improving sleep quality and overall health. Finding a treatment that works for you is essential for long-term success.

A Better Night's Sleep Starts Here

Frequent snoring is more than just an annoyance — it can be a sign of a serious health condition. Understanding the risks and available treatments allows you to make informed decisions for better sleep and overall wellness.

If you or a loved one is struggling with snoring or sleep apnea, we can help. Contact **Dr. FIRST NAME SURNAME** at **PHONE NUMBER** to schedule a consultation. For more information about oral appliance therapy, visit www.dentalsleep.org.