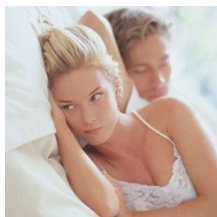


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By: Stefan Anitei, Science Editor



Men Snore Twice Compared to Women

Snoring seems to be a genetically transmitted condition

Common sense has already pointed you that men snore more than women, but a new research proved it scientifically. More researchers have coincided that up to 80 % of men snore at some time, double the number compared to women, and about 40 % of them snore every night. "It's much more a male problem than female [one]. We don't fully know why, but there's quite good evidence that snoring disturbs partners," said sleep disorder specialist Dr Andrew Veale. Snoring is more than noise; it can lead to broken marriages and incompatibilities. "Snoring is caused by a combination of factors, including body position and alcohol, but also certain genes passed down the family tree that make it harder to breathe. The most important thing is the inherited shape of your face and neck. So if Dad is a snorer and you look like Dad, you're in deep strife." said Veale. "Snoring is often treated as a joke, but people ignore the fact that snoring is a potentially serious medical problem at their own risk, and most sufferers are not diagnosed. While snorers are unaware of the noise they make, those who suffer from severe snoring - obstructive sleep apnea - end up dozing from daytime drowsiness." he said. Those suffering of sleep apnea unconsciously wake up when their throat closes up, saving their lives but this induces sleep impairment translated into daytime somnolence, making the individual fall asleep at work, in front of the TV or even behind the wheel. "Sleep apnea closes the throat completely and stops oxygen-flow to the brain. The normally loud snorer suddenly goes quiet for four or five breaths, when there's no airflow, then the moves suddenly with a jerk. They don't know they've woken, but the brain has woken them up as a way of saving their life. If they didn't wake, they'd be dead. But the waking up and the starting arousal result in daytime sleepiness." said Veale. "These are the people who nod off in front of the TV or at meetings, and quite a significant percentage of car crashes can be caused by drivers falling asleep. Any arguments around the breakfast table between couples over who snored longest and loudest should be shortlived," he added. Snoring can tackle with some methods like weight loss, nasal and mouth sprays, adhesive breathing strips, dental splints and even surgery, but these do not always work. "However, anecdotally, the number of pillows and how they are arranged can increase the risk of snoring. Airways are obstructed when the head tilts forward, so sleeping with fewer pillows or with none at all opens the airways and allows sufferers to breath easy." said Veale.