

How Important is Sleep?

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Most adults need 8 hours of sleep for peak alertness and energy.

34% of adults reported that they fell asleep at the wheel of their car during the past year.

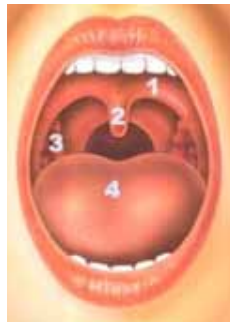
67% of adults said that sleep deprivation affected their work, which translates into a \$90 billion loss in productivity.

A good night of sleep is very important to our overall health and ability to function effectively throughout the day. However, when our lives become busy, sleep becomes less of a priority for many of us. William C. Dement, MD, PhD, the Dean of Sleep Disorders Research and Professor of Medicine at Stanford University, states: "Americans have gotten the message that good nutrition and plenty of exercise are important for health, but we have not paid enough attention to the third pillar of good health, which is adequate sleep."

You can improve the quality of your sleep by following these recommendations:

- **Establish relaxing pre-sleep routines.** It is important to incorporate time to "wind down" from your daily activities.
- **Minimize light, noise, and temperature extremes in the bedroom.**
- **Avoid large meals just before bedtime.** Small snacks are not a problem, but large meals keep the digestive system active and can disrupt sleep.
- **Avoid strenuous exercise within two to three hours of bedtime.** Strenuous exercise can elevate body temperature and cause difficulty falling asleep at bedtime.
- **Avoid caffeine, nicotine, or other stimulants within four hours of bedtime.**

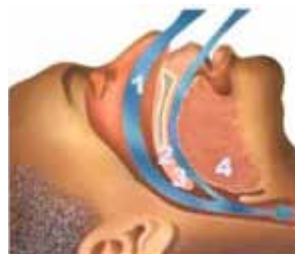
What is "Normal Breathing"?



Keeping the air passages open during sleep is critical to normal breathing. As you breathe, air passes through the nose, mouth and inward into your lungs, moving past the following structures in the nose, mouth and throat:

1. **Soft palate:** Soft curtain of tissue which is an extension of the palate at the back of the throat. This palatal tissue blocks the opening between the mouth and nose during swallowing.
2. **Uvula:** Floppy finger-like projection of tissue that hangs from the middle of the soft palate.
3. **Tonsils:** Sack-like structures along the side walls at the back of the throat. These tissues are part of the body's immune system.
4. **Tongue:** Large muscle at the floor of the mouth that is important for taste, speech, chewing, and swallowing.

While you are awake, those structures actively maintain an open air passage so you can breathe easily. During sleep, these structures relax. For non-snorers, the airway stays clear so air can move easily into the lungs. But for snorers, this is not the case, and it can have a significant impact on their sleep.



- 1 - Air Flow
- 2 - Soft Palate
- 3 - Uvula
- 4 - Base of Tongue

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What Impact Does Snoring Have on Me?

How loud is snoring compared to other noises?

Jackhammer
85 decibels

Lawnmower
95 decibels

Airplane
118 decibels

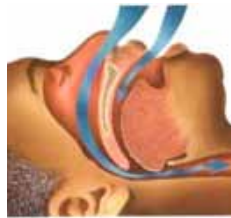
Loudest recorded snoring
87 decibels

A calm, quiet setting is important to restful sleep. Snoring interrupts that restful quiet. Usually people do not hear themselves snore, but snoring can cause disrupted sleep for both the snorer and the snorer's sleeping partner. It can lead to daytime sleepiness and fatigue, which can affect the ability to function effectively at home and at work, and could lead to health problems. It is important to eliminate snoring so everyone can get a restful night's sleep and maintain good health.

If you snore, you are not alone in your struggle to find a solution to this problem. Statistics indicate that approximately 40% of adults over the age of 40 snore. That means that 45 million Americans are habitual snorers, and that number will continue to grow dramatically, because the factors that cause snoring continue to be prevalent in our population.

Normal, smooth, unobstructed breathing is a key to getting a restful night's sleep.

What are the Causes of Snoring?



Narrowing of the air passage leads to increased pressure in the airway and labored breathing, which causes louder snoring.

Snoring is the harsh sound you hear when a snorer inhales during sleep. The noise occurs when the soft palate and uvula vibrate against the back of the throat or the base of the tongue.

As you fall asleep, the soft tissues at the back of the throat, the muscles that line the airway, and the tongue muscle all relax. As this occurs, the tongue drops back into the airway which causes it to narrow. As air passes through this narrower airway, it moves faster and causes the tissues to vibrate against each other, which creates a rattling or snoring sound.

As the air passage continues to narrow, pressure increases in the airway and snoring becomes louder.

The three primary causes of narrowing of the air passage are:

- Larger soft tissue size,
- Increased relaxation of the soft tissues, and
- Increased resistance in the airway.