

# Snoring and Homoeopathy

DR. RAJNEESH KUMAR SHARMA

MD (HOMOEOPATHY)

DR. SWATI VISHNOI

BHMS

# Snoring and Homoeopathy

© Dr. Rajneesh Kumar Sharma M.D. (Homoeopathy)  
 Dr. Swati Vishnoi B.H.M.S.  
 Homoeo Cure & Research Institute  
 NH 74, Moradabad Road, Kashipur (Uttaranchal) INDIA  
 Pin- 244713 Ph. 05947- 260327, 9897618594  
 E. mail- [drrajneeshhom@hotmail.com](mailto:drrajneeshhom@hotmail.com)  
[www.treatmenthomeopathy.com](http://www.treatmenthomeopathy.com)  
[www.homeopathyworldcommunity.com](http://www.homeopathyworldcommunity.com)



## Contents

<b>Definition</b> .....	1
<b>Etiology/Pathogenesis</b> .....	1
Anatomy of snoring .....	1
Physiology of snoring .....	2
<b>Signs and symptoms</b> .....	2
<b>Diagnosis</b> .....	2
Examination .....	2
Management .....	3
Option 1 .....	3
Option 2 .....	3
<b>Prevention</b> .....	3
<b>Treatment</b> .....	3
Repertory of Snoring .....	3
Prevalence of various miasms in manifestation of snoring .....	6
<b>Bibliography</b> .....	6

## Definition

- Snoring is the production of upper airway noise via breathing during sleep.
- Snore —n. Snorting or grunting sound of breathing during sleep. —v. (-ring) make this sound. [imitative].
- Snore- during sleep, the noise produced while breathing through the mouth.
- Snoring is a sound a person makes during sleep when his or her breathing is disrupted.

## Etiology/Pathogenesis

Snoring originates in the parts of the upper airway which have no rigid support to counteract compression from outside or collapse from inside. This narrowing leads to local acceleration and turbulence of the breathed air. This, in turn, causes vibration of the pharyngeal wall.

### Anatomy of snoring

The structures concerned are-

- Soft palate
- Uvula

- Tonsils
- Base of the tongue
- Pharyngeal muscles and
- Pharyngeal mucosa.

### Physiology of snoring

The palate, tongue and pharyngeal muscles play a part in keeping the airway open during the inspiration.

If, during the deep sleep phase, and especially during REM sleep, the muscle tone is insufficient, the tongue can fall backward due to gravity, and vibrate against the soft palate, uvula and pharynx. This occurs particularly in the supine position.

Anatomical abnormalities can limit the passage of air in the oropharynx and the hypopharynx. Such abnormalities include-

- Enlarged tonsils and adenoids (Psora)
- Fatty tissue in the pharynx (due to obesity) (Psora/ Sycosis)
- A relatively large tongue (in the case of retrognathia, micrognathia and acromegaly). (Syphilis/ Sycosis)
- A narrow nasal passage causes an increase in negative pressure during inspiration, which increases the effect on the flaccid pharyngeal tissue. A particularly long palate and uvula also narrow the nasopharyngeal opening during inspiration. This explains why people who normally do not snore may do so when they have a cold or allergic rhinitis. (Psora)
- Septal abnormalities, nasal polyps and tumours can also contribute to constriction. (Psora/ Sycosis/ Syphilis)
- Hypothyroidism, neurological disorders, alcohol and hypnotics can intensify the overall effect. (Psora/ Syphilis)

### Signs and symptoms

- Unexplained tiredness or sleepiness during the day. (Psora)
- Disrupted social activities and relationship problems (and even divorce). The snoring noise can sometimes be as loud as 50–70 db, which is similar to the noise of a low-flying jet plane. (Psora/ Sycosis)
- Sometimes, temporarily stopped-breathing (sleep apnoea), which can be very alarming. (Psora/Syphilis)

### Diagnosis

- Duration of snoring.
- Development of snoring- if the snoring has recently become worse.
- Occurrence of sleep apnoea- if the patient's breathing stops temporarily, and then accompanied by loud sounds when the breathing starts again.
- About symptoms during the day, such as tiredness and sleepiness, or unexplained car accidents
- Aggravation of snoring- whether the snoring depends on the sleeping position.
- Concomitants- dry throat or other symptoms on waking.
- Any allergies.
- Weight gain.
- Cardiovascular problems.
- Alcohol, smoking and/or hypnotic use.

### Examination

Very careful examination of the ear, nose and throat area, particularly the tonsils, palate, uvula and tongue is made. Nasal polyps, swollen turbinates, septal deviation, hyper reactive nasal mucosa, and abnormal anatomy of the lower jaw (relatively too small or recessed) is evaluated. Weighing the patient and blood pressure is next step. If hypothyroidism is suspected, the thyroid stimulating hormone level is checked.

## Treatment

### Management

#### Option 1

If no abnormalities are found on the history or examination, no treatment is required.

#### Option 2

If further investigations are found, general measures can be suggested. These include-

- Losing weight if necessary
- Avoiding lying on the back if the snoring is position-dependent and
- As appropriate, discouraging smoking, alcohol consumption and the use of hypnotics.
- Any underlying causes or contributory factors, such as hypothyroidism or allergies are treated.
- Mechanical devices placed in the nose and mouth only reduce snoring to a limited extent.
- If, in the case of habitual snoring, the patient temporarily stops breathing and/or the patient reports that he is sleepy and tired during the day, sleep apnoea syndrome must be considered.

## Prevention

Attention to weight, smoking, alcohol and hypnotics, and avoiding sleeping on the back are effective preventive measures. Reassurance is sometimes appropriate, particularly if there are groundless fears about sleep apnoea.

## Repertory of Snoring

Snoring- common remedies- RESPIRATION - SNORING etc... acon. aeth. alco. alum. amp. amyg. **Anac.** **ANT-T.** apis arg-met. arge-pl. arn. ars. aur-s. bapt. **Bar-c.** **Bar-i.** **Bell.** benz-ac. **Brom.** bros-gau. calc. **CAMPH.** caps. carb-v. carc. **CARL.** caust. **Cham.** chel. **CHIN.** chinin-s. chlol. **Cic.** cinnb. cocc. con. cund. **Cupr.** cycl. des-ac. diph. dros. dulc. fl-ac. gal-s. glon. **Graph.** guare. **Hep.** hippoz. hydr-ac. **HYOS.** **Ign.** ip. kali-bi. kali-c. kali-chl. kali-m. **Kali-s.** **LAC-C.** **LACH.** lat-h. **LAUR.** lem-m. lyc. **M-AMBO.** mag-act. mag-c. mag-m. merc-c. merc. mez. morb. mur-ac. musca-d. myos-a. nat-c. nat-m. nit-ac. nux-m. **NUX-V.** oena. **OP.** petr. ph-ac. phos. puls. rat. rheum **Rhus-t.** sabad. sabin. samb. sec. sep. sil. squil. stann. staph. **STRAM.** stry-xyz. stry. **Sulph.** sumb. teucr. tub. **ZINC.**

Breathing - SNORING, breathing - adenoids removal, after **carc.** **kali-s.**

Breathing - SNORING, breathing - afternoon, nap, during **alum.**

Breathing - SNORING, breathing - awake, while **chel.** **sumb.**

Breathing - SNORING, breathing - children, in **chin.** **mez.** **op.**

Breathing - SNORING, breathing - chill, during **Chin.** **laur.** **OP.**

Breathing - SNORING, breathing - delirium, after **sec.**

Breathing - SNORING, breathing - evening in bed **sil.**

Breathing - SNORING, breathing - expiring, while **arn.** **camph.** **chin.** **Nux-v.** **Op.**

Breathing - SNORING, breathing - fever, during **apis** **con.** **ign.** **laur.** **OP.**

Breathing - SNORING, breathing - insensible, while **Op.**

Breathing - SNORING, breathing - inspiration in sleep **bell.** **caps.** **cham.** **chin.** **hyos.** **ign.** **rheum**

Breathing - SNORING, breathing - lying on the back, while **dros.** **dulc.** **kali-c.** **mag-c.** **sulph.**

Breathing - SNORING, breathing - midnight **mur-ac.** **nux-v.**

Breathing - SNORING, breathing - morning, while sleeping **petr.**

Breathing - SNORING, breathing - nose, through **puls.**

Breathing - SNORING, breathing - sleep, in restless **chin.** **laur.** **Op.** **sil.** **stram.** **tub.** **Zinc.**

Breathing - SNORING, breathing - swoon, during **stram.**

Breathing - SNORING, breathing **acon.** **aeth.** **alum.** **amyg.** **anac.** **ant-t.** **apis** **arn.** **ars.** **bapt.** **bar-c.** **bar-i.** **bell.** **benz-ac.** **Brom.** **calc.** **Camph.** **caps.** **carb-v.** **Carl.** **Cham.** **chel.** **Chin.** **chinin-s.** **chlol.** **Cic.** **cocc.** **con.** **cund.** **Cupr.** **cycl.** **dros.** **dulc.** **fl-ac.** **glon.** **graph.** **guare.** **Hep.** **hippoz.** **hydr-ac.** **hyos.** **Ign.** **kali-bi.** **kali-c.** **kali-chl.** **kali-s.** **LAC-C.** **Lach.** **Laur.** **lem-m.** **lyc.** **m-ambo.** **mag-act.** **mag-c.** **mag-m.** **merc-c.** **mez.** **mur-ac.** **nat-m.** **nit-ac.** **nux-m.** **Nux-v.** **OP.** **petr.** **puls.** **rat.** **rheum** **Rhus-t.** **sabad.** **sabin.** **samb.** **sec.** **sep.** **sil.** **stann.** **Stram.** **stry.** **Sulph.** **sumb.** **teucr.** **tub.** **zinc.**

Children - SNORING, children, in **chin.** **mez.** **op.**

CHILL - Chill, etc. - concomitants - sleep - during sleep - snoring **bell.** **Camph.** **OP.** **stram.**

CHILL - SHAKING - sleep and snoring; with deep **Op.**

CHILL - SHAKING, shivering, rigors - sleep, with deep, and snoring **Op.**

Clinical - coma, general, unconsciousness - snoring, involuntary urination and stool, with amyg. Op.  
 Clinical - coma, general, unconsciousness - somnolency, without snoring and eyes being closed ph-ac.  
 Clinical - Malaria, infection, ague - apyrexia, - sleep continues from heat through sweating stage - sound, with snoring ign.  
 COUGH - Concomitants - breathing – snoring CHIN.  
 COUGH - SNORING, with ant-t. arg-met. bell. caust. Chin. hyos. ip. nat-c. nat-m. nux-v. puls. sep. squil.  
 Coughing - SNORING, with ant-t. arg-met. bell. caust. ip. nat-c. nat-m. nux-v. puls. sep.  
 FACE - DISCOLORATION - bluish - fright, from - snoring, bloated face, with op.  
 Fainting - SNORING, with stram.  
 Fevers - INTERMITTENT, fever, ague, malaria - apyrexia - sleep continues from heat through sweating stage - sound, with snoring ign.  
 GENERALITIES - FAINTNESS, fainting - snoring, with stram.  
 GENERALITIES - FAINTNESS, fainting - tendency - snoring, with stram.  
 GENERALS - FAINTNESS - snoring, with stram.  
 HEART & CIRCULATION - PULSE - slow, brachycardia - full - snoring, with op.  
 HEAT AND FEVER IN GENERAL - Concomitants - sleep - during sleep – snoring anac. Chin. graph. IGN. Mur-ac. NUX-V. OP. sil. Stram.  
 LARYNX AND TRACHEA - Snoring in cham. chin. hyos. nat-m. stann. sulph.  
 MIND - DELIRIUM TREMENS - sopor with snoring OP.  
 MIND - DELIRIUM tremens, mania-a-potu - sopor, with, and snoring OP.  
 Mind - DELIRIUM, tremens, mania-a-potu - senses, dulness of, sopor, with snoring OP.  
 Mind - DELIRIUM, tremens, mania-a-potu - sopor, with snoring ant-t. OP.  
 MIND - UNCONSCIOUSNESS - snoring, involuntary urination and stool; with amyg. Op.  
 MIND - UNCONSCIOUSNESS - somnolence, without snoring, eyes being closed; with ph-ac.  
 MIND - UNCONSCIOUSNESS, coma - general - snoring, with - involuntary urination and stool, with amyg. OP.  
 MIND - UNCONSCIOUSNESS, coma - general - snoring, with amyg. HYOS. OP. STRAM.  
 MIND - UNCONSCIOUSNESS, coma - general - somnolence, with - snoring, without, and eyes being closed ph-ac.  
 MIND - UNCONSCIOUSNESS, coma - snoring, with - involuntary urination and stool, with amyg. Op.  
 MIND - UNCONSCIOUSNESS, coma - snoring, with amyg. Hyos. OP. Stram.  
 MIND - UNCONSCIOUSNESS, coma - somnolence, with - snoring, without, and eyes being closed ph-ac.  
 NERVOUS SYSTEM - Sleep - Snoring, during chin. laur. Op. sil. stram. tub. Zinc.  
 NOSE - MOTION of wings - fan, like a - snoring, with diph.  
 NOSE - PAIN - Posterior nares - snoring; from des-ac.  
 Nostrils, alae - motions, flapping - snoring, with diph.  
 Pulse - FULL, pulse - snoring, with Op.  
 Pulse - SLOW, pulse - snoring, with Op.  
 RESPIRATION - Inspiration – snoring nux-v. OP. puls. Rheum  
 RESPIRATION - SNORING - adenoids removal, after kali-s.  
 RESPIRATION - SNORING - adenoids removed; after carc. kali-s.  
 RESPIRATION - SNORING - afternoon - nap; during alum.  
 RESPIRATION - SNORING - awake, while chel. sumb.  
 RESPIRATION - SNORING - catarrh, from chronic hippoz.  
 RESPIRATION - SNORING - children, in chin. mez.  
 Respiration - snoring - children, in mez.  
 RESPIRATION - SNORING - children; in chin. dros. dulc. mez. op.  
 RESPIRATION - SNORING - chill, during Chin. laur. OP.  
 RESPIRATION - SNORING - chill; during bell. camph. Chin. laur. OP. stram.  
 RESPIRATION - SNORING - convulsions, after puls.  
 RESPIRATION - SNORING - cough, with chin. hyos. squil.  
 RESPIRATION - SNORING - delirium, after sec.  
 RESPIRATION - SNORING - evening - bed agg.; in sil.  
 RESPIRATION - SNORING - evening in bed sil.  
 RESPIRATION - SNORING - expiration, during arn. camph. chin. lat-h. Nux-v. Op.  
 RESPIRATION - SNORING - expiring, while arn. camph. chin. Nux-v. Op.  
 RESPIRATION - SNORING - faintness, during stram.  
 RESPIRATION - SNORING - fear, from samb.  
 RESPIRATION - SNORING - heat, during apis con. ign. laur. OP.

RESPIRATION - SNORING - heat; during *anac. apis chin. con. graph. ign. laur. mur-ac. Nux-v. OP. sil. stram.*

RESPIRATION - SNORING - insensible, while *Op.*

RESPIRATION - SNORING - inspiration – midnight *NUX-V.*

RESPIRATION - SNORING - inspiration - sleep, in *alum. bell. calc. camph. caps. cham. chin. chlol. dros. dulc. hyos. ign. kali-c. laur. lem-m. m-ambo. mag-act. mag-m. Nux-v. Op. petr. puls. rheum sabin. sep. sulph.*

RESPIRATION - SNORING – inspiration *alum. bell. calc. camph. caps. cham. chin. chlol. dros. dulc. hyos. ign. kali-c. laur. lem-m. m-ambo. mag-act. mag-m. nux-v. Op. petr. puls. rheum sabin. sep. sulph.*

RESPIRATION - SNORING – inspiration *nux-v. Op. puls. rheum*

RESPIRATION - SNORING - Larynx and trachea *cham. chin. hyos. nat-m. stann. sulph.*

RESPIRATION - SNORING - lying on back *agg. dros. dulc. kali-c. mag-c. sulph.*

RESPIRATION - SNORING - lying on the back, while *dros. dulc. kali-c. mag-c. sulph.*

RESPIRATION - SNORING – midnight *mur-ac. nux-v.*

RESPIRATION - SNORING - morning - sleeping; while *petr.*

RESPIRATION - SNORING - morning, while sleeping *m-ambo. petr.*

RESPIRATION - SNORING - nose, through *puls.*

RESPIRATION - SNORING - obstruction of the nose, from *lem-m.*

RESPIRATION - SNORING - sleep, in - chill, during *bell. camph. Op. stram.*

RESPIRATION - SNORING - sleep, in - deep or comatous *op.*

RESPIRATION - SNORING - sleep, in - perspiration, during *anac. Chin. graph. hyos. ign. Mur-ac. nux-v. Op. Sil. stram.*

RESPIRATION - SNORING - sleep, in - restless, in *chin. laur. Op. sil. stram. tub. Zinc.*

RESPIRATION - SNORING - sleep; during - children; in *chin.*

RESPIRATION - SNORING - sleep; during - perspiration; during *anac. Chin. graph. hyos. ign. Mur-ac. nux-v. OP. Sil. stram.*

RESPIRATION - SNORING - swoon, during *stram.*

RESPIRATION - SNORING - unconscious, while *Op.*

RESPIRATION – SNORING *acon. aeth. alco. alum. amp. amyg. Anac. ANT-T. arge-pl. arn. ars. aur-s. bapt. bar-c. bar-i. bell. benz-ac. Brom. bros-gau. calc. Camph. caps. carb-v. Carl. Cham. Chin. chinin-s. chlol. Cic. cinnb. cocc. con. cund. Cupr. cycl. des-ac. dros. dulc. fl-ac. gal-s. glon. Graph. guare. Hep. hydr-ac. hyos. Ign. kali-bi. kali-c. kali-chl. kali-m. Kali-s. LAC-C. Lach. Laur. lyc. m-ambo. mag-c. mag-m. merc-c. merc. mez. morb. mur-ac. nat-m. nit-ac. nux-m. Nux-v. oena. OP. petr. phos. puls. rat. rheum Rhus-t. sabad. sabin. samb. sep. sil. stann. staph. Stram. stry. Sulph. teucr. tub. Zinc.*

SLEEP - COMATOSE - snoring, with *bell. carb-v. laur. Op. rhus-t. Stram.*

Sleep - comatose, deep - snoring, with, in children *chin.*

Sleep - COMATOSE, sleep - snoring, with *bell. carb-v. laur. Op. rhus-t. Stram.*

SLEEP - DEEP - paroxysmal, with snoring and stertorous breathing *laur.*

SLEEP - DEEP - spells of deep sleep with snoring and stertorous breathing *laur.*

SLEEP - DEEP - spells, with snoring and stertorous breathing *laur.*

Sleep - DEEP, sleep - snoring and stertorous breathing, with *ant-t. laur.*

SLEEP - During sleep - breathing – snoring *Ign. OP.*

SLEEP - During sleep – snoring *alum. bell. calc. camph. caps. Cham. CHIN. dros. dulc. HYOS. ign. kali-c. laur. M-ambo. mag-m. mur-ac. NUX-V. OP. petr. puls. Rheum sabin. sep. STRAM. sulph.*

Sleep - SNORING, respiration - adenoids removal, after *carc. kali-s.*

Sleep - SNORING, respiration - afternoon, nap, during *alum.*

Sleep - SNORING, respiration - awake, while *chel. sumb.*

Sleep - SNORING, respiration - children, in *chin. mez.*

Sleep - SNORING, respiration - chill, during *Chin. laur. OP.*

Sleep - SNORING, respiration - delirium, after *sec.*

Sleep - SNORING, respiration - evening in bed *sil.*

Sleep - SNORING, respiration - expiring, while *arn. camph. chin. Nux-v. Op.*

Sleep - SNORING, respiration - fever, during *apis con. ign. laur. OP.*

Sleep - SNORING, respiration - insensible, while *Op.*

Sleep - SNORING, respiration - inspiration, in sleep *bell. caps. cham. chin. hyos. ign. rheum*

Sleep - SNORING, respiration - lying, on the back, while *dros. dulc. kali-c. mag-c. sulph.*

Sleep - SNORING, respiration – midnight *mur-ac. nux-v.*

Sleep - SNORING, respiration - morning, while sleeping *petr.*

Sleep - SNORING, respiration - nose, through *puls.*

Sleep - SNORING, respiration - sleep, in restless chin. laur. Op. sil. stram. tub. Zinc.

Sleep - SNORING, respiration - swoon, during stram.

Sleep - SNORING, respiration acon. aeth. amyg. Ant-t. arn. ars. bapt. bell. benz-ac. Brom. calc. Camph. Carl. Cham. Chin. Cic. con. cund. Cupr. cycl. dros. dulc. fl-ac. glon. Hep. hydr-ac. hyos. Ign. kali-bi. kali-chl. LAC-C. Lach. Laur. lyc. mag-m. mez. mur-ac. nat-m. nit-ac. nux-m. Nux-v. OP. petr. rat. rheum Rhus-t. sabad. samb. sep. sil. stann. Stram. stry. Sulph. teucr.

SWEAT - Concomitants - sleep - during sleep – snoring Anac. CHIN. Graph. hyos. Ign. MUR-AC. Nux-v. OP. SIL. stram.

### Prevalence of various miasms in manifestation of snoring

Miasm	Prevalence of Miasm
Psora	97 %
Cancerous	81 %
Sycosis	71 %
Tubercular	58 %
Syphilis	55 %

## Bibliography



Acute-on-Chronic Respiratory Failure > INCREASED RESISTIVE LOAD; Principles of Critical Care, 4e.... Finally, sleep disordered breathing, which commonly coexists with COPD, may need to be excluded. Especially once the patient is intubated, clues to this underlying cause of dynamic upper airway obstruction (eg, snoring) may be impossible to discern. In the proper setting (an obese, hypersomnolent patient...



Chapter 19. Sleep and Its Abnormalities > Obstructive Sleep Apnea; Adams & Victor's Principles of Neurology, 10e ... The full-blown syndrome of obstructive sleep apnea is readily recognized by the features of daytime sleepiness, loud snoring, and the typical habitus of affected individuals. However, in patients who complain only of excessive daytime sleepiness or insomnia, the diagnosis may be elusive...



Chapter 19. Sleep and Its Abnormalities > Relation of Sleep to Medical Illnesses; Adams & Victor's Principles of Neurology, 10e ... The high incidence of thrombotic stroke that is apparent upon awakening, a phenomenon well known to neurologists, has been studied epidemiologically by Palomaki and colleagues. These authors have summarized the evidence for an association between snoring, sleep apnea, and an increased risk...



Chapter 41. Sleep Disorders > Essentials of Diagnosis; CURRENT Diagnosis & Treatment in Otolaryngology—Head & Neck Surgery, 3e ... History of snoring, witnessed apneas, restless sleep, or enuresis Evidence of obstructive tonsils and/or adenoids on physical exam Evidence of OSA from overnight PSG. ...



Chapter 45. Developmental Disorders of Attachment, Feeding, Elimination, & Sleeping > Clinical Findings; CURRENT Diagnosis & Treatment: Psychiatry, 2e ... In obstructive sleep apnea, the sleeping child's breathing stops intermittently and is then followed by snoring respirations. ...



Control of Ventilation > Disturbances of Respiratory Rhythm; Fishman's Pulmonary Diseases and Disorders, 5e...), bilateral tibialis anterior EMG2, EKG, snoring microphone. Congenital central hypoventilation syndrome (CCHS), occasionally referred to as Ondine's curse, is a rare neurological disorder characterized by inadequate breathing during sleep and, in more severely affected individuals, also during waking...



Ear, Nose, & Throat > Clinical Evaluation & Management; CURRENT Diagnosis & Treatment: Pediatrics, 22e ... Figure 18–8. Algorithm for evaluation of snoring in a healthy child. Figure 18–9. A grading scale for tonsil size that ranges from 0 to 4. With grade 0 the tonsils are small and contained within the tonsillar fossa; in grade 4 the tonsils are so large they almost touch...



Ear, Nose, & Throat > SNORING, MOUTH BREATHING, & UPPER AIRWAY OBSTRUCTION; CURRENT Diagnosis & Treatment: Pediatrics, 22e ... The American Academy of Otolaryngology-Head and Neck Surgery (AAO-HNS) defines sleep-disordered breathing (SDB) as an abnormal respiratory pattern during sleep that includes snoring, mouth breathing, and pauses in breathing. SDB encompasses a spectrum of disorders that ranges in severity from...



Ear, Nose, & Throat Disorders > B. Imaging and Diagnostic Testing; Current Medical Diagnosis & Treatment 2016 ... Sleep examination with polysomnography is strongly advised in the evaluation of a patient with complaints of snoring. Radiographic imaging of the head or neck is generally not necessary for management of primary snoring. ...



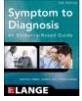
Ear, Nose, & Throat Disorders > General Considerations; Current Medical Diagnosis & Treatment 2016... Ventilation disorders during sleep are extremely common. While OSA occurs in 5–10% of Americans, clinically relevant snoring may occur in as many as 59%. In general, sleep-disordered breathing problems are attributed to narrowing of the upper aerodigestive tract during sleep due to changes...



Ear, Nose, & Throat Disorders > SNORING; Current Medical Diagnosis & Treatment 2016 ... ESSENTIALS OF DIAGNOSIS Noise produced on inspiration during sleep. Snoring is associated with obstructive sleep apnea (OSA) but has no disruption of sleep by clinical sleep evaluation. ...



Encyclopedia Homoeopathica



Fatigue > Textbook Presentation; Symptom to Diagnosis: An Evidence-Based Guide, 3e ... Patients with OSA often complain of daytime sleepiness or fatigue. Bed partners often note snoring or actual apneic episodes. Most patients are obese. ...



Pulmonary Disorders > C. Other Studies; Current Medical Diagnosis & Treatment 2016 ... Observation of the sleeping patient may reveal loud snoring interrupted by episodes of increasingly strong ventilatory effort that fail to produce airflow. A loud snort often accompanies the first breath following an apneic episode. Definitive diagnostic evaluation for suspected sleep apnea...



Pulmonary Disorders > OBSTRUCTIVE SLEEP APNEA; Current Medical Diagnosis & Treatment 2016 ... ESSENTIALS OF DIAGNOSIS Daytime somnolence or fatigue. A history of loud snoring with witnessed apneic events. Overnight polysomnography demonstrating apneic episodes with hypoxemia. ...

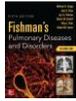


Radar 10

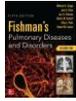


Sleep Apnea > Definition; Harrison's Principles of Internal Medicine ... OSAHS is defined on the basis of nocturnal and daytime symptoms as well as sleep study findings. Diagnosis requires the patient to have (1) either

symptoms of nocturnal breathing disturbances (snoring, snorting, gasping, or breathing pauses during sleep) or daytime sleepiness or fatigue...



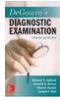
Sleep Apnea Syndromes: Central and Obstructive > Central Sleep Apnea Syndromes; Fishman's Pulmonary Diseases and Disorders, 5e ...); electrocardiogram (ECG); snoring channel (SNORE); nasal airflow (NASAL); oral thermistor (ORAL); and chest and abdominal motion (CHEST and ABD). During the apneic episodes, there is lack of airflow without rib cage or abdominal motion. At the end of each apneic episode there is a burst of EEG activity consistent...



Sleep Apnea Syndromes: Central and Obstructive > Endocrine Abnormalities; Fishman's Pulmonary Diseases and Disorders, 5e ... the patient at risk for OSA 155 ; and thyroid surgery (lobectomy or total thyroidectomy) can improve OSA symptoms including snoring and excessive somnolence. 156 Macroglossia associated with hypothyroidism also contributes to the development of OSA. OSA is common and often severe in patients...



Sleep Disorders > Obstructive Sleep Apnea Syndrome and Snoring ; Behavioral Medicine: A Guide for Clinical Practice, 4e ..., but these estimates are likely very low, especially given recent trends in increased body weight. Obstructive sleep apnea is a significant cause of fatigue, daytime somnolence, and cardiovascular morbidity in adults. Nighttime symptoms of OSA include loud snoring (often beginning early in adulthood and worsening...



The Chest: Chest Wall, Pulmonary, and Cardiovascular Systems; The Breasts > Snoring; DeGowin's Diagnostic Examination, 10e ... Snoring is produced by vibrations of the lax soft palate during sleep, often in association with obstructive sleep apnea. A similar sound results from uncleared secretions in the upper respiratory tract. When this occurs during severe illness, it is frequently a grave prognostic sign...