Snoring facts

- Snoring is caused by vibrating tissues within the airways of the nose and throat.
- The vibrations that cause snoring are caused by turbulent airflow through narrowed airways.
- Snoring is affected by the stage of sleep, sleeping position, and the use of medications and alcohol.
- Snoring may be a problem for family members and sleeping partners of the snorer.
- Snoring also may be a sign of an underlying medical problem.
- Treatments for snoring are both nonsurgical and surgical.

Snoring is a sound resulting from turbulent airflow that causes the tissues of the nose and throat to vibrate during sleep. The turbulent air flow is related to a narrowing at some point in the nose, mouth, or throat. Different people who snore may have various reasons for the narrowing of the air spaces leading to snoring.

Snoring, like all other sounds, is caused by vibrations that cause particles in the air to form sound waves. For example, when we
References