

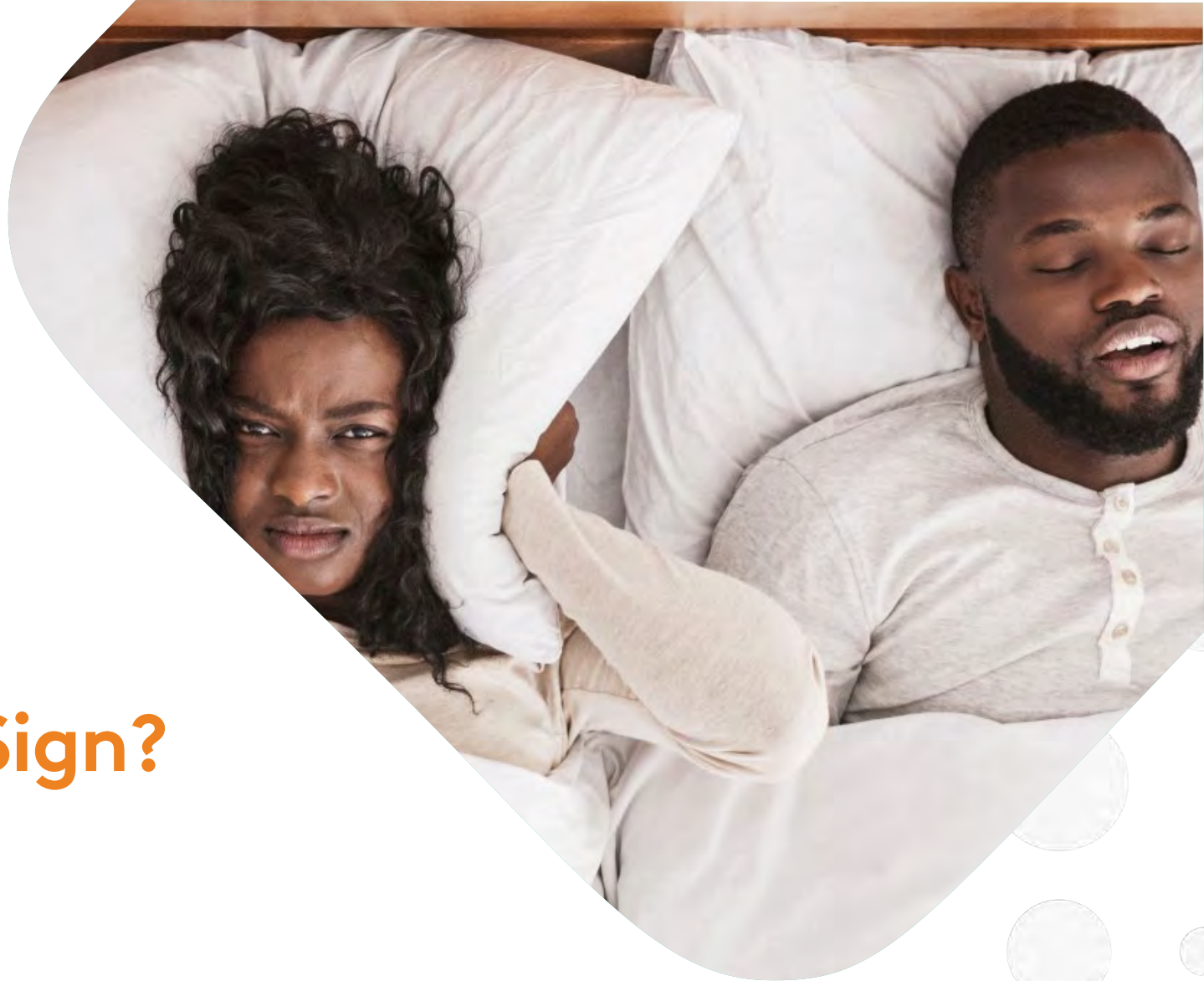
Is Snoring a Warning Sign?

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You or someone you know is likely to snore.

50%

of adults snore
occasionally

More common in men than women

Can reach up to
90 decibels!



The Lawnmower

94%

of patients with sleep
apnea report snoring

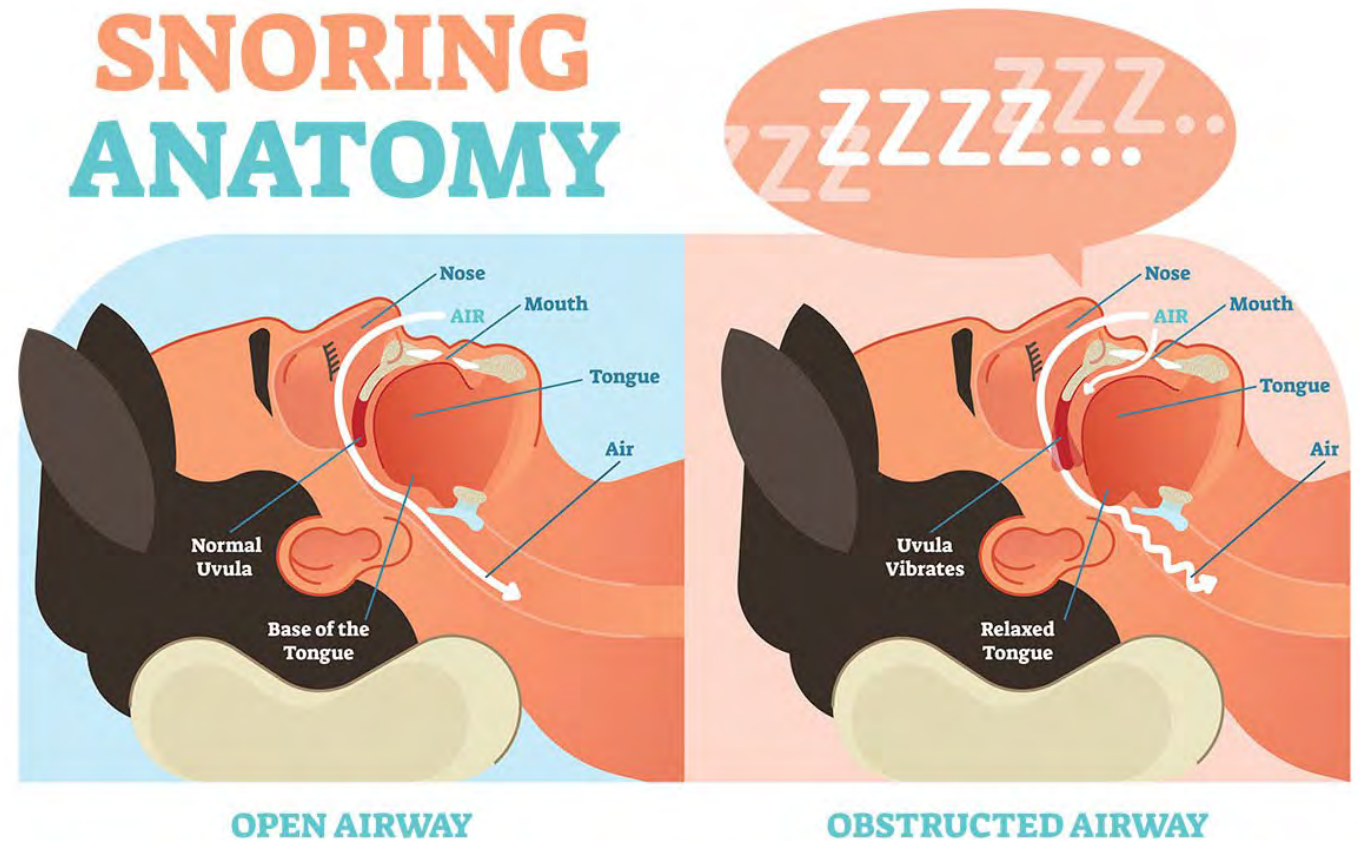
What causes Snoring

How Snoring Happens:

- Vibration of soft tissues in throat
- Muscles are more relaxed during sleep
- Sleep position can impact snoring

Common Risk Factors Include:

- Age
- Gender
- Obesity
- Nasal congestion
- Alcohol
- Smoking



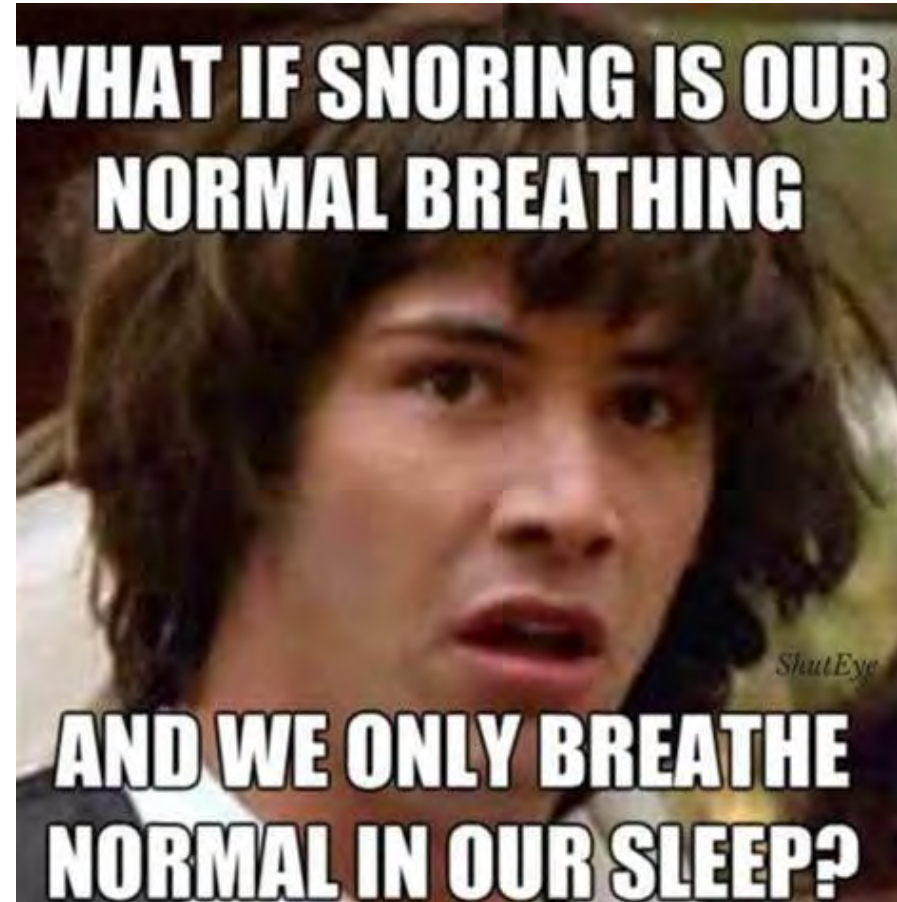
Myth: Snoring means I have sleep apnea.

Fact: Mild snoring might not be dangerous, but loud and chronic snoring, especially if it's interrupted by pauses in breathing, could be a sign of sleep apnea.

When snoring is more than just a noisy night.

Spoiler Alert:

Snoring can be a warning sign of sleep apnea.

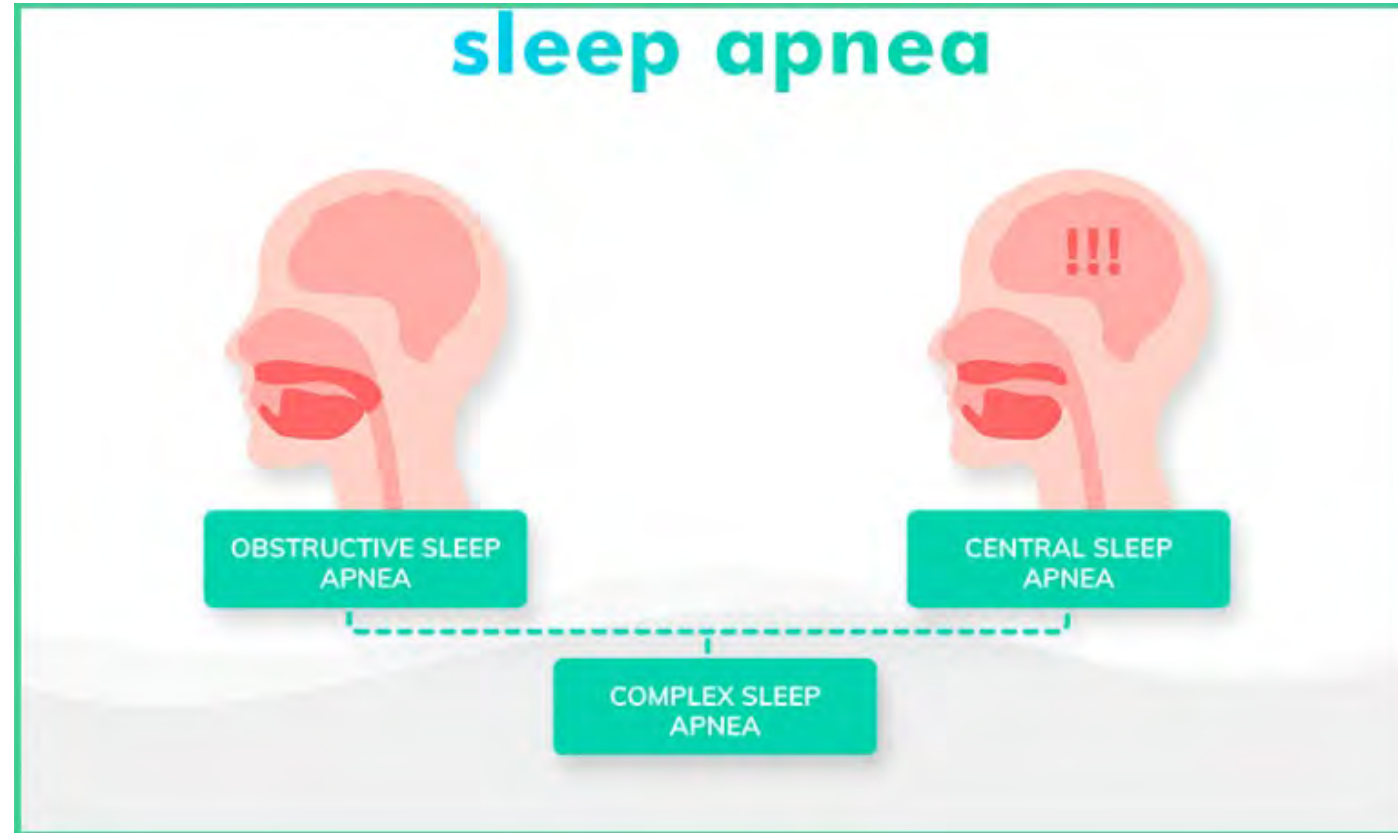


What is Sleep Apnea?

A disorder where breathing repeatedly stops during sleep.

Three main types

- Obstructive (OSA) - *the blocker*
- Central (CSA) – *the silent partner*
- Complex- *the mashup*



Myth: Only overweight people get sleep apnea.

Fact: While obesity is a significant risk factor, sleep apnea can affect anyone, regardless of their weight. People with a normal weight, athletes, and children can also develop sleep apnea.

Common symptoms of Sleep Apnea

Common Signs and Symptoms:

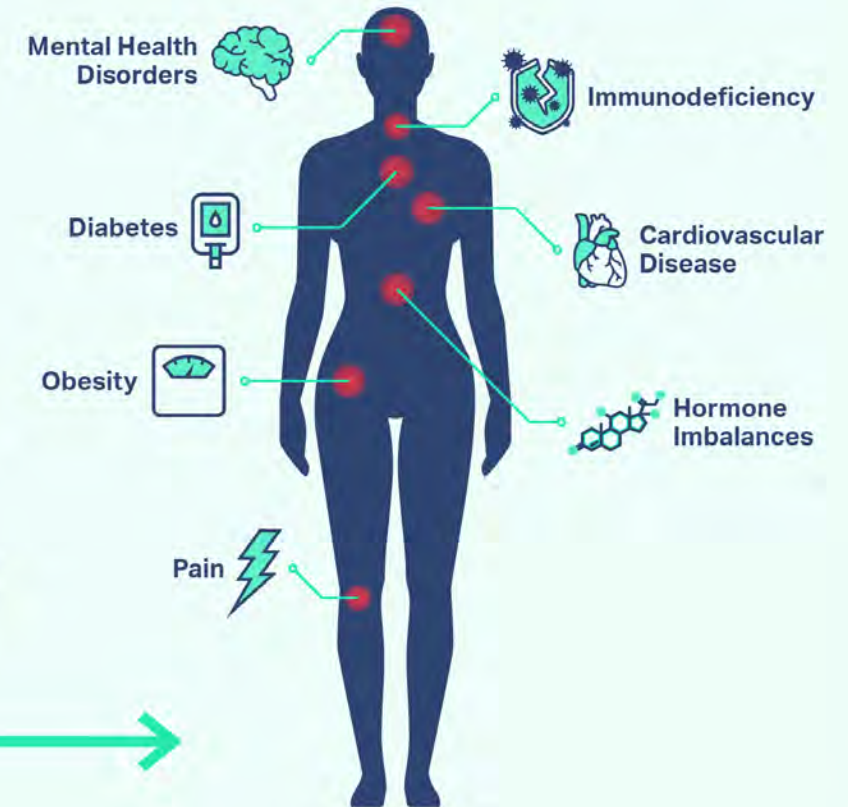
- Loud, Persistent Snoring
- Gasping or Choking in Sleep
- Excessive Daytime Sleepiness (Like falling asleep at work...oops)
- Morning Headaches
- Dry Mouth or Sore Throat
- Difficulty Concentrating



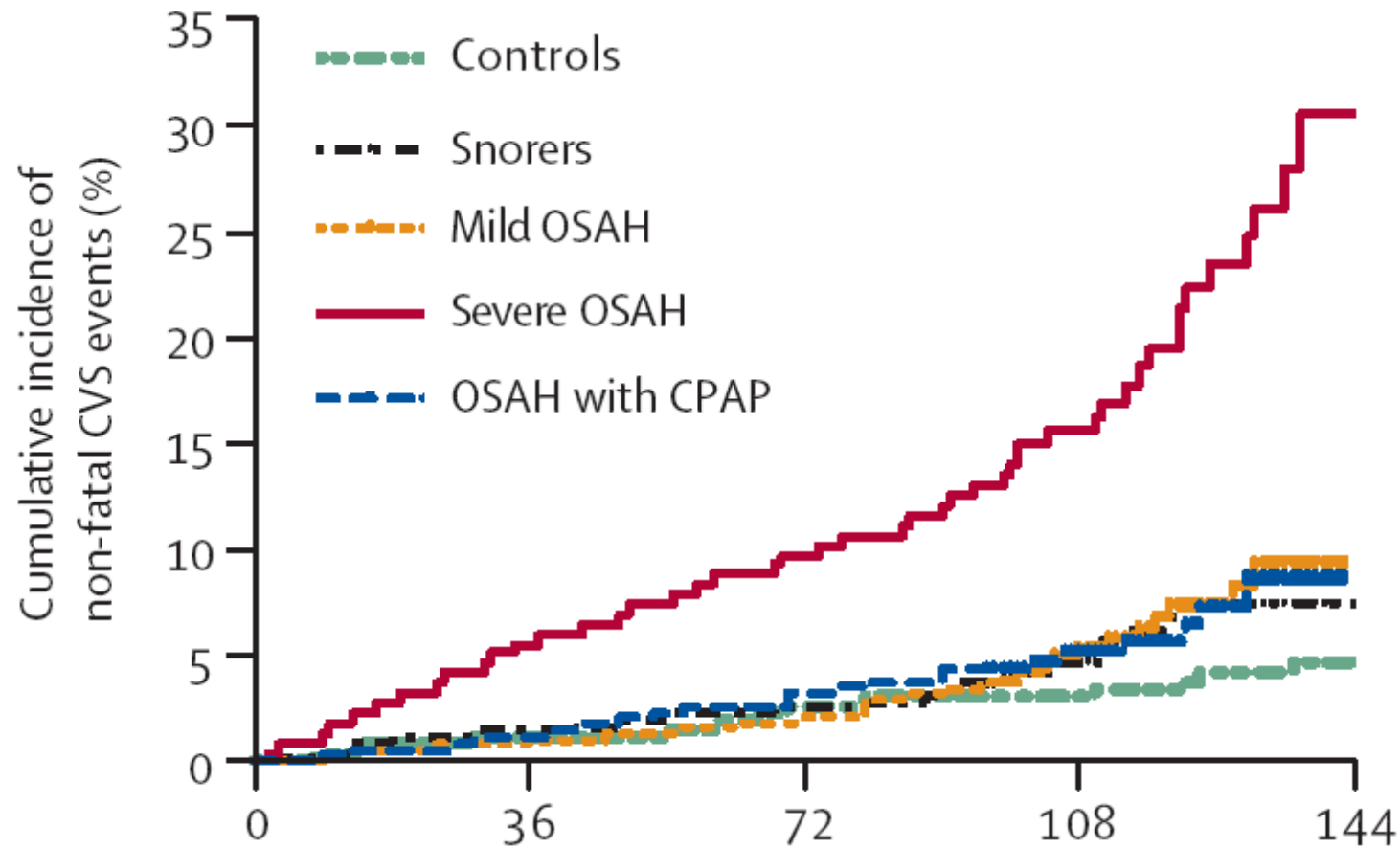
Sleep plays a significant role in **almost every system of the body.**

Insufficient sleep **increases risks** in all of these systems.

Consequences of sleep deprivation include the following:



Health Consequences of Sleep Apnea

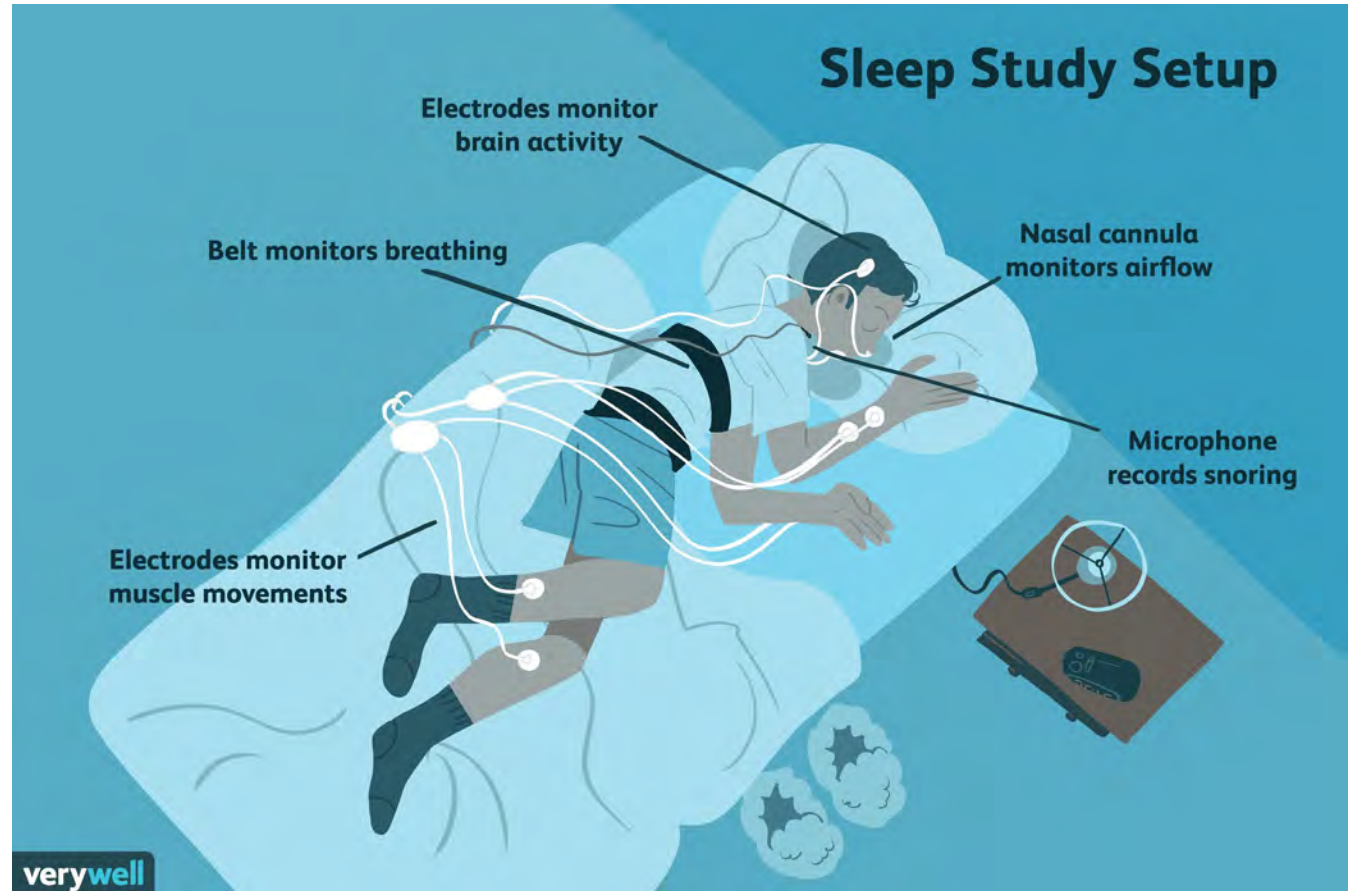
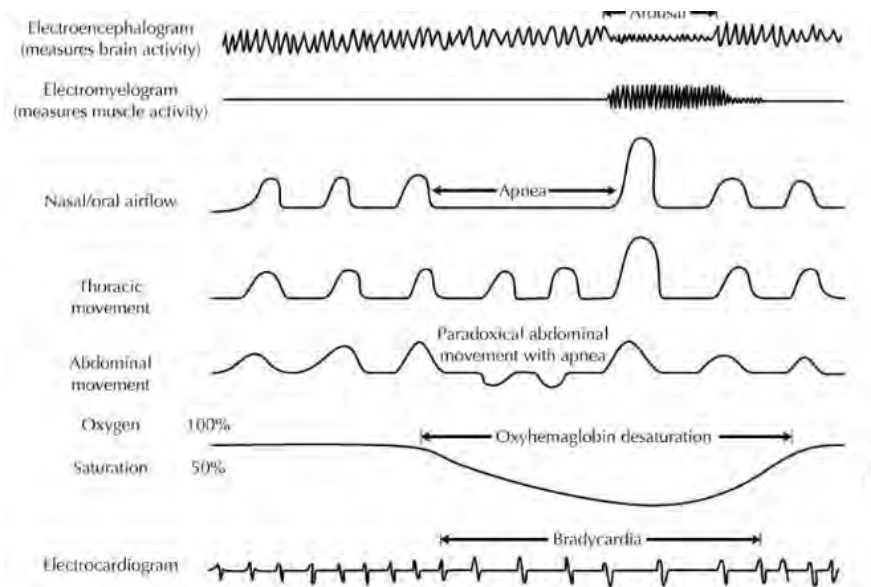


From a study by Marin et al., *Lancet* 2005

Diagnosing Sleep Apnea

Sleep studies

- Polysomnogram
- Home sleep study



Treating Sleep Apnea

1. CPAP machine (mask)

Air pressure delivered through a mask helps keep your airways open while you sleep

2. Lifestyle

Weight loss (diet, medication, surgery), sleep position, avoid alcohol

3. Oral appliance

Mouthguard that pushes the jaw forward

3. Surgery

For some, surgery to remove tissue or correct a blocked airway



Myth: CPAP machines are uncomfortable and hard to use.

Fact: While some people find CPAP machines uncomfortable at first, they are one of the most effective treatments for sleep apnea. There are different types of CPAP masks and machines available, and doctors can help adjust settings to make it more comfortable.

Positive Airway Pressure (PAP)

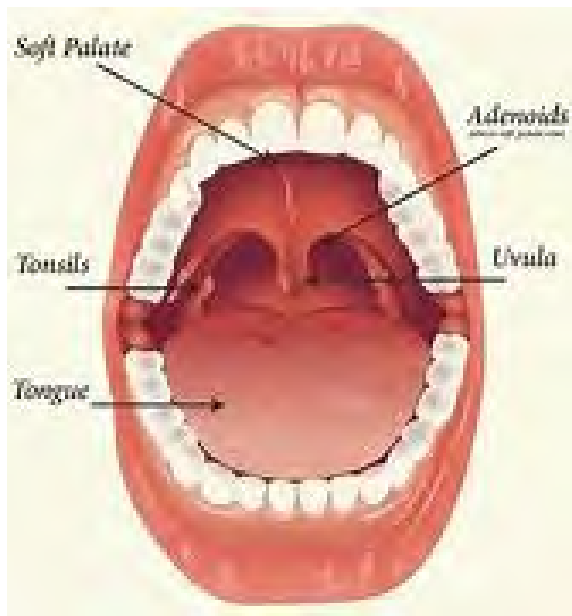
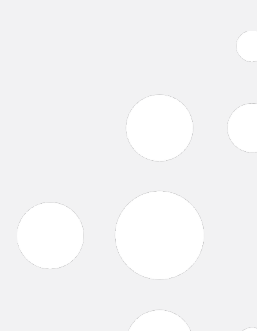
HOW IT STARTED



HOW IT'S GOING

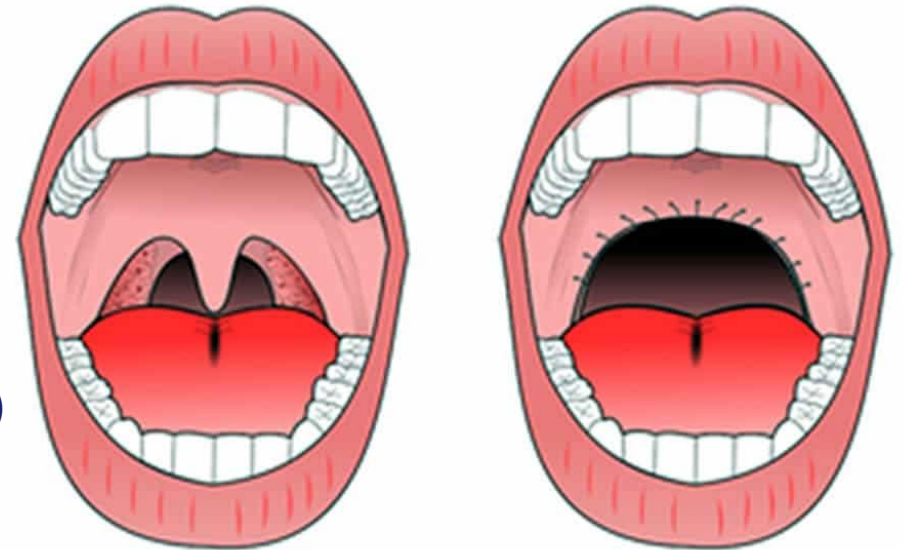


Surgery for OSA

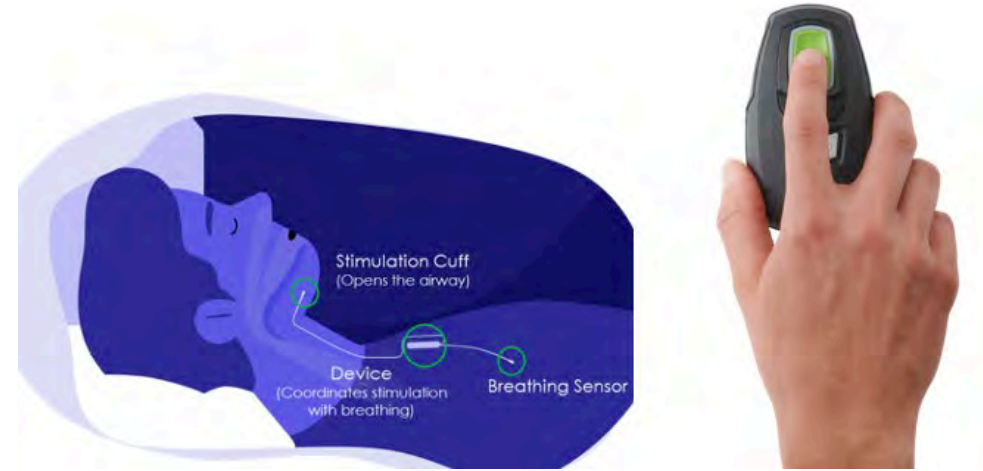
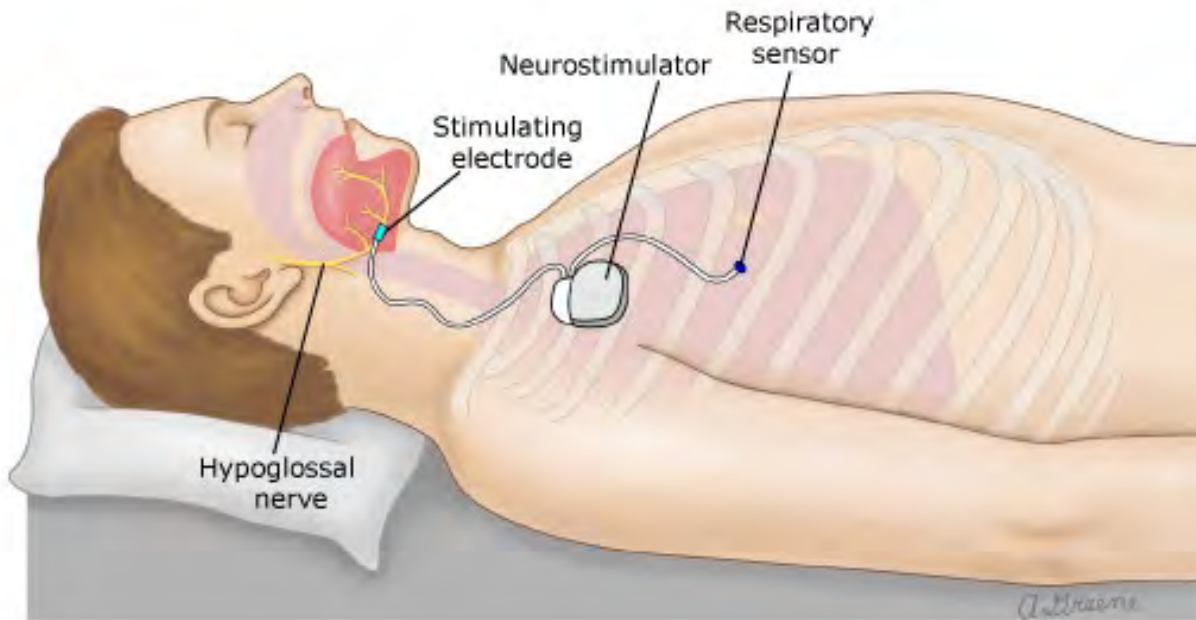


Common surgical options

- Tonsillectomy
- Uvulopalatopharyngoplasty
- Inspire (hypoglossal nerve implant)



Inspire



- Safe, outpatient procedure
- 2 small incisions (neck and chest)
- Fast recovery time, OTC pain meds
- Implant is activated one month after surgery
- 10-12 year battery life
- Fine-tuned with a sleep study

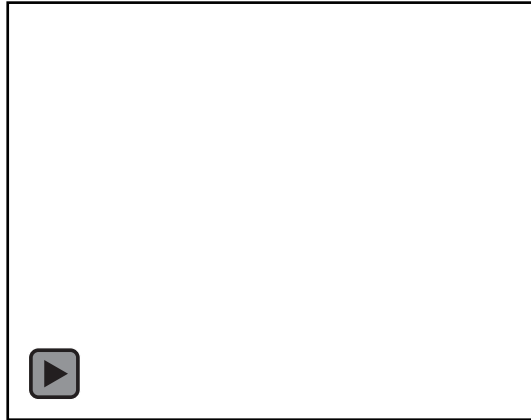
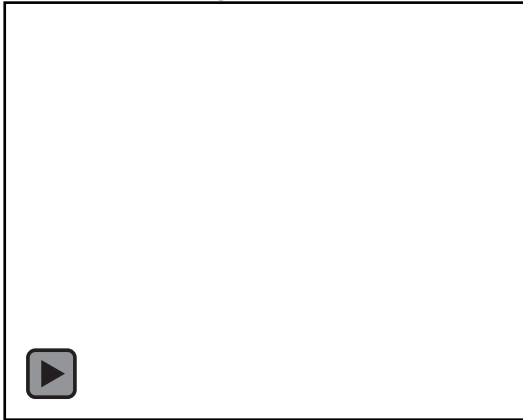
Effect of Stimulation

No Stimulation



Tongue Base

Palate

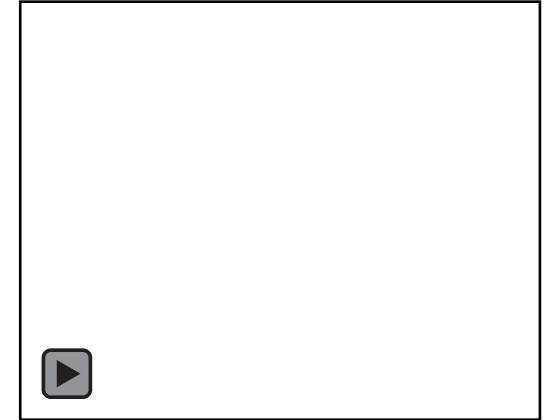
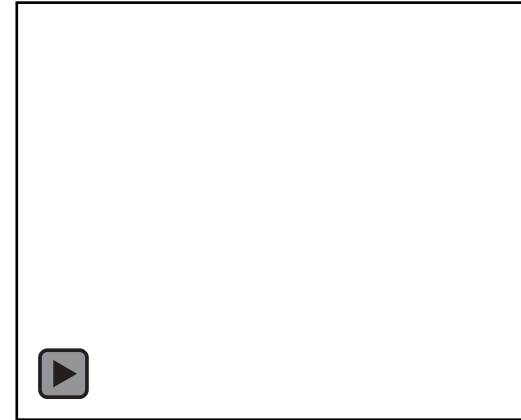


Mild Stimulation



Tongue Base

Palate



Courtesy of Inspire Medical Systems

Tips you can do right NOW

Pro Tips for Sleeping like a Baby

- Sleep on your side, not your back!
- Avoid alcohol before bed—it's like an after-party for your airway
- Keep a consistent sleep schedule (yes, even on weekends).

Don't Sleep on it – Treat it!

- Talk to a doctor, get diagnosed, and start treatment to improve your health and sleep

MetroHealth is **here to help.**

Sleep study locations

Sleep testing can be done at our **3 sleep lab** locations or in the comfort of your **own home**

Sleep clinic

MetroHealth has sleep clinics **at 10 locations** across the community

MetroHealth is here to help.

In-lab sleep test



At-home sleep test



MetroHealth is here to help.

MetroHealth Center for Sleep Medicine

216-778-5864



Metrohealth.org/sleep

Your Questions:

How do I know if I snore?

Does sleep apnea ever go away?

Does insurance cover
treatment for sleep apnea?



ABOUT METROHEALTH

Founded in 1837, MetroHealth is leading the way to a healthier you and a healthier community through service, teaching, discovery and teamwork. Cuyahoga County's public, safety-net hospital system, MetroHealth meets people where they are, providing care through five hospitals, four emergency departments and more than 20 health centers. Each day, our nearly 9,000 employees focus on providing our community with equitable healthcare—through patient-focused research, access to care and support services—that seeks to eradicate health disparities rooted in systematic barriers. **For more information, visit metrohealth.org.**

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