

# WHY DO WE SNORE?

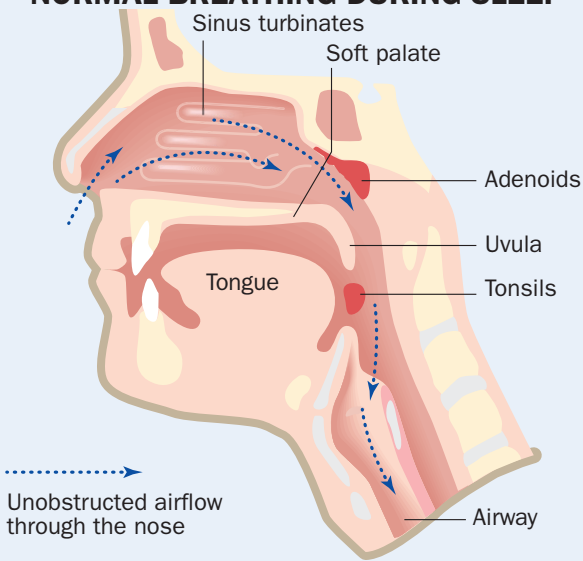
Snoring is caused by the vibration of the structures in the oral cavity and the area of the throat that is located at the back of the mouth, known as the oropharynx. Some 70 to 80 per cent of snoring arises from the vibration of the soft palate, uvula and tonsils.

It signals an increased resistance to air flow in one's upper airway, which can arise from blockages in the nose or mouth.

When this happens, the lungs have to work harder to draw air in. This causes the soft tissues of the upper airway to come together, like how a drinking straw collapses when we forcibly suck on it. Any turbulence in the airflow increases the vibration of the soft tissues, causing the person to snore.

Inhaling through an open mouth makes things even worse. When the lower jaw falls backwards, so does the tongue and this further narrows one's airway.

## NORMAL BREATHING DURING SLEEP



## CAUSES OF BLOCKED AIRWAY

