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Breathe well, sleep well

LETTER BOX

Breathing through the nose is necessary to guarantee oxygen deliver to the brain, hearth and multiple organs. At the nose and snoring clinic you will find a dedicated team of specialist and allied professionals dedicated to the nasal and sleep care.

MAIN BODY ARTICLE

Snoring is characterized by an audible noise that can generate sleep disturbance for both the sufferer and his bed partner. It is not a disease but an abnormal symptom that can be not only socially disruptive but also alternate with breathing pauses for a few seconds called apneas which are responsible for a non-restorative sleep. Usually snorers have an interrupted sleep due to inadequate breathing through their noses.

Inadequate nasal breathing has a profound impact on health. The nose and its internal structures are ultimately responsible for the adequate deliver of the oxygen supply to the lungs and the blood. As the nose gets affected by an internal or external deviation, allergies, polyps or even extreme cosmetic surgeries, nasal breathing tends to deteriorate contributing to persistent snoring and to develop partial or complete collapse of the upper respiratory tract (apneas). This recurrent episodes of persistent lack of oxigenation affects the deep sleep as it gets fragmented resulting in memory loss, irritability, lack of cell repair and regeneration that are not only related to premature aging but also responsible for increase the risk of work or traffic accidents by up to 20%.

Scientific studies link deficient breathing through the nose as an initial cause of frequent snoring. Breathing through the nose comfortably is mandatory to allow a comfortable and almost imperceptible passage of air from the nose to the pharynx and the lungs. Adequate breathing involves inhalation and exhalation exclusively through the nose; this should be light, regular and effortless.

Early detection of habitual snorers or sleep apnea sufferers has a definitive impact in preventing high blood pressure, obesity, heart

attacks, strokes and many other related diseases. Early diagnosis and treatment is of vital importance.

Otolaryngologists and allied professionals are the professionals to diagnose and treat these problems to restore the balance of the nose and improve the quality of life and sleep of those who suffer from these conditions.



