



PRANAYAM
Lung & Heart Institute

Sleep Apnea or Snoring: Differentiating between the two!

Everyone snores on occasion. It is estimated that about 45 percent of males snore on a regular basis, and about 30 percent of females. However, snoring can be a concern if you feel tired throughout the day or don't get enough sleep.

Apart from the strain it puts on your partner, regular snores can be a sign of more serious health problems and you should get your sleep apnea treatment right away.

If you gasp or gag or snort while snoring, you may have **obstructive sleep apnea** (OSA) - a condition in which the throat temporarily constricts breathing. Too often, snoring and sleep apnea are confused or thought of as interchangeable. The truth is that all untreated OSA sufferers snore, only some people who snore have sleep apnea.

How do you differentiate between snoring and OSA?

Snoring is a sound caused by a vibration during breathing. The vibration is the result of a partially blocked airway in the mouth, nose, or throat. It can be caused by a number of different factors, including:

- sinus infections or colds
- allergies
- alcohol
- A deviated septum
- Poor muscle tone
- Throat and airway obstructions

Snoring is just a symptom of sleep apnea. It's a condition when the person has multiple pauses in their breathing pattern during sleep. Such interruptions in breathing can lead to disturbed sleep, interrupted sleep, and light sleep. Lack of restful sleep can cause a litany of other health issues, such as extreme daytime drowsiness, difficulty concentrating, depression, and anxiety.



While sleep apnea is a serious condition in which the person will stop breathing 30 times or more an hour. This leads to excessive daytime sleepiness, headaches and numerous other health problems. In addition to this, OSA can increase the risk of high blood pressure, heart attack, stroke, obesity and diabetes, Arrhythmias (irregular heartbeats), work-related or driving accidents, etc. as per NIH.

Get your [sleep apnea treatment](#) in Pranayam Lung & Heart Institute!

How to know that you've sleep apnea for sure?

You won't suspect you have sleep apnea until a family member complains about your gasping, snorting and snoring while sleeping. OSA is common in people who are overweight, hypertension, diabetes, asthma and likewise. Your doctor will ask you to adhere to some changes in your sleeping and waking habits. It includes:



- Quitting smoking as it can make your nose more congested
- Avoiding alcohol
- Losing weight
- Exercising regularly to tone your muscles and strengthen your lungs
- Sleeping on your side to help keep your tongue from relaxing into your airway
- Try propping yourself up with pillows, if you regularly sleep on your back
- Use CPAP machine to keep your airway open during sleep

Also read: [**Pulmonary Rehabilitation Program in India.**](#)

Remember this:

Obstructive sleep apnea is a chronic condition that benefits from long-term treatment. Make sure you identify the problem, and seek medical help to lessen its impact on the quality of your life.

Pranayam Lung & Heart Institute began with an idea for a comprehensive respiratory healthcare service, available to each of the needful at sufficient rates and with 100% personal care for the past 38 years. We are a prominent center for sleep apnea treatment in Vadodara. We also conduct a sleep study (polysomnography) at our sleep lab to investigate sleep disorders leading to Obstructive Sleep Apnea (OSA).