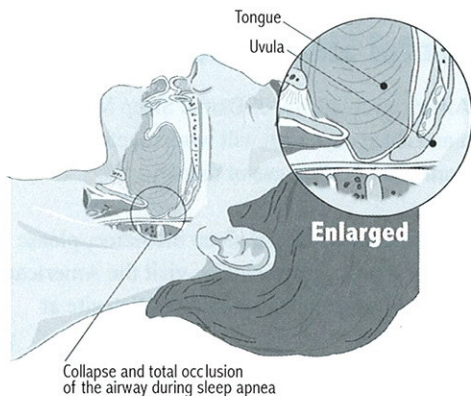


THE AIRWAY IN PEOPLE WHO DO NOT SNORE
OR HAVE APNEA REMAINS OPEN DURING SLEEP

What Causes Snoring? ♦♦♦

Snoring occurs when the soft tissue structures of the upper airway collapse onto themselves and vibrate against each other as we attempt to move air through them. This produces the sound we know as snoring. Large tonsils, a long soft palate, a large tongue, the uvula and excess fat deposits in the throat all contribute to airway narrowing and snoring. Usually the more narrow the airway space, the louder or more habitual the snoring.



THE AIRWAY IN PEOPLE WHO HAVE OBSTRUCTIVE
SLEEP APNEA COLLAPSES DURING SLEEP

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Treatment of Snoring & Obstructive Sleep Apnea

An Educational Pamphlet from the American Academy of Dental Sleep Medicine

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