

Treatment of Snoring and Sleep Apnoea

What is snoring?

Snoring is caused by vibrations of the soft palate and other tissues in the mouth, nose and throat, which is caused by turbulence inside the airway during inspiration (breathing in). The turbulence is caused by a partial blockage that may be located anywhere from the tip of the nose to the vocal chords (in the throat). Snoring can be a major factor in sleep disturbance and the resulting stress, leading to lack of energy, poor concentration, mood swings and irritability. In the long term, snoring has been linked with high blood pressure and heart problems.

What is Sleep Apnoea?

Obstructive Sleep Apnoea (OSA) is a condition that can initially be caused by an increase in weight or a reduction in muscle tone which can trigger the change from a partially blocked airway (snoring), to a completely blocked airway. It is estimated that approximately 3% of the adult population suffers from OSA.

Some patients may be completely unaware of the disorder, and remain undiagnosed for several years. OSA has been linked to an increased risk of cardiovascular (heart) disease and strokes.

What can we offer to help?

Snoring is something that cannot be stopped at will, neither is it something that can be cured. It can, however, be successfully controlled. The good news is the overwhelming majority of people suffering from problematic snoring can be effectively treated using a Somnowell appliance.

The Somnowell appliance is the world's leading oral device for snoring, sleep apnoea, TMJD (jaw joint disorder) and bruxism (teeth grinding). Dr. Amit Duggal, our specialist prosthodontist, is a registered practitioner of the the Somnowell appliance.

The appliance is tailor-made from a medical super alloy. It is a lifetime solution and the most slim-line, comfortable, and hygienic device available. The Somnowell appliance is designed to gently hold the lower jaw and tongue forward in the 'recovery position' whilst you sleep and thereby keeping your airway open. This simple and effective treatment option has become the world's most popular solution for snoring.

Treatment with a Somnowell is non-invasive and reversible. Each person's jaw alignment, jaw shape and size, and tooth structure, are totally unique. Each Somnowell is tailor-made to fit the user with a high level of precision, making the Somnowell an extremely comfortable and effective treatment option for snoring and OSA.