

# SNORING

Aside from being annoying to your sleep partner, snoring may indicate a more severe condition.

"Yawn..."



Excessive daytime sleepiness



High blood pressure

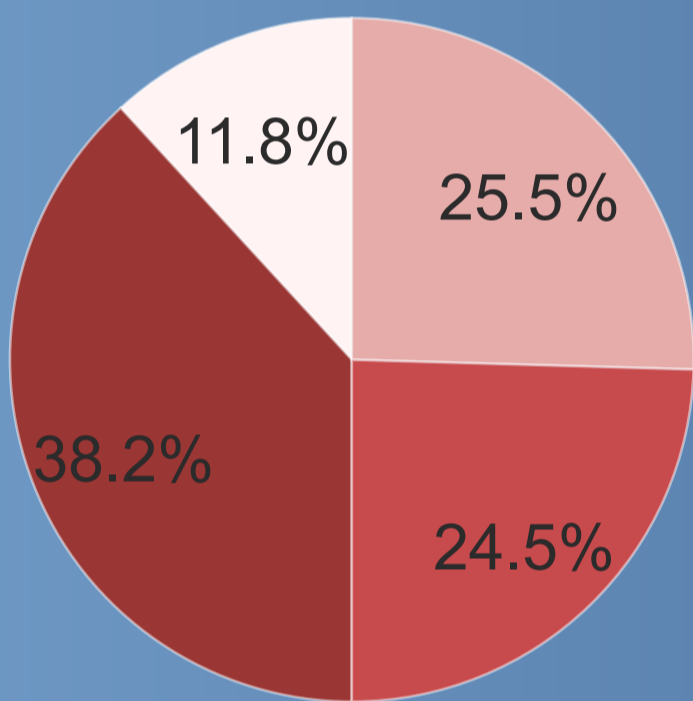


Observed pauses in breathing

Snoring, combined with repeated breathing pauses while asleep, feeling overly sleepy during the day, and hypertension indicate a high likelihood of Obstructive Sleep Apnea (OSA).

Among referrals for suspected sleep problems at an Army medical center, 26% had only insomnia, 25% had only OSA, and 38% had **BOTH**.

## Diagnosed Sleep Disorders



● Insomnia	28	● OSA	27
● Comorbid	42	● No Sleep Dx	13

- Percentage of sample deployed in the previous 18 months (71% within 12 months).
- Percentage diagnosed with a sleep disorder. (Snoring & BISS not considered disorders).
- Percentage of those with both insomnia & OSA who met criteria for depression.
- Percentage of those with both insomnia & OSA who met criteria for PTSD.

OSA can lead to serious medical complications and a shortened lifespan if left untreated.

Click on the YouTube video below for an example of "heroic" snoring, the type that can be heard through a door, and likely indicates OSA. If the video doesn't play, go [here](#).



## Resource Links:

Please click on any of these links for additional information.

[Video: Snoring & OSA](#)

[Blog: OSA & Trauma](#)

["STOP-BANG" OSA risk screener](#)

[Video: A brief review of CDP's Snoozeum in Second Life](#)

## SOURCES:

Chung, F., Yegneswaran, B., Liao, P. et al. STOP questionnaire: a tool to screen patients for obstructive sleep apnea. *Anesthesiology*. 2008; 108: 812-821. doi: 10.1097/ALN.0b013e31816d83e4

Mysliwiec, V., McGraw, L., Pierce, R. et al., (2013). Sleep disorders and associated medical comorbidities in Active Duty Military personnel. *SLEEP*, 36(2), 167-174. doi: 10.5665/sleep.2364

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