

SNORING BY THE NUMBERS



Snoring is an issue that affects people around the world. But, that said, snoring remains a bit of a mystery because it happens at night, in private, and sometimes to people who sleep alone and who have no idea they are snoring at all.

To shed a bit of light on this mysterious subject, here's a look at snoring according to the numbers. Here is a collection of statistics about snoring and how it affects people around the globe.

1. SNORING IS A WIDESPREAD ISSUE

Snoring is a serious issue that affects a majority of people based on survey data. When asked individually, **about 59% of survey respondents admit to snoring**. When spouses are asked if their partners snore, they say "yes" about two-thirds of the time.



2. THE OLDER YOU GET, THE MORE YOU SNORE

Snoring intensifies as people get older. **About 30% of people ages 30 and above are known to snore**, but that number jumps to 40% when you look at only middle-age individuals.

Why does snoring happen more as people get older? Because muscles become less toned and the throat actually narrows, which means constricted air is much more likely to vibrate tissue in the nose and throat – which makes a noise we call "snoring"



3. MEN ARE MORE LIKELY TO SNORE THAN WOMEN

Men are much more likely to snore than women. Studies indicate that about **twice as many men overall snore as do women**. But, that said, the numbers start to even out after women reach menopause.

Perhaps the "catching up" is due to simple aging. As noted, our muscles become less toned and our air passages begin to narrow as we get older, which naturally leads to more snoring - both in men and women.



4. SNORING IN CHILDREN IS RARE

Yes, snoring is something that happens mostly with older adults, and it's rare in children. **Only about 5.6% of children snore regularly**.

Keep in mind that snoring is often related to a person's build and weight. As children are still growing and developing, they may go through a snoring phase as they continue to grow tall and as their bodies continue to change. It's always okay to ask a doctor about a child's snoring, but keep in mind that snoring can stop in a child just as quickly and suddenly as it started.



5. SNORING IS A STRONG SYMPTOM OF SLEEP APNEA

If you're a regular snorer, it's highly possible that you may also suffer from sleep apnea. Studies show that anywhere from **20% to 40% of snorers also suffer from sleep apnea**. Overall, about 4% of women and about 9% of men in the general population suffer from sleep apnea.

Sleep apnea can be incredibly dangerous, and it's a condition that demands consultation with a doctor, as well as treatment. When you suffer from sleep apnea, you may stop breathing for dangerously long periods of time at night, which can lead to death without warning.



6. UNTREATED APNEA IS DANGEROUS

Sleep apnea really needs to be treated. A CPAP mask can lower blood pressure after sleep apnea raises it, and CPAP treatment can also lower the risk of apnea-related stroke by about 20%. **If sleep apnea is left untreated, an individual is four times more likely to suffer a stroke and three times more likely to suffer from heart disease**.

If you snore regularly, or if you feel overly tired during the day even after getting a full night's sleep, it may be worth consulting with your doctor as leaving sleep apnea untreated can be a dangerous thing to do.



7. HYPERTENSION AND SLEEP APNEA ARE CORRELATED

If you suffer from hypertension, there's an even chance that you also suffer from sleep apnea – whether or not you're aware of it. **About 50% of hypertension patients also suffer from sleep apnea**. And studies reveal the same finding in reverse. About half of all sleep apnea patients also suffer from hypertension, whether or not they know it, which confirms the correlation.

If you have one of these conditions (hypertension or sleep apnea), ask your doctor about the other condition, if you haven't already. These are two health issues that you will want to be aware of and that you will want to begin treating as soon as possible.



8. SLEEP APNEA ALSO AFFECTS SPOUSES & PARTNERS

There's something called "Spousal Arousal Syndrome", which is a fancy way of saying that a snorer can make it harder for his or her spouse to fall asleep and stay asleep. Studies show that **spouses of those suffering from sleep apnea lose about one hour of sleep each night**, and spouses of those suffering from sleep apnea may wake up 20-plus times an hour.

Sleep apnea always demands treatment due to the risk it poses to the snorer. But it should also be treated because of the many ways in which it can affect the quality of life for whomever you share a room with.



9. EVEN CHILDREN CAN SUFFER FROM SLEEP APNEA

It's unusual for children to suffer from sleep apnea, but it's certainly not impossible. While studies vary on how often **children suffer from sleep apnea**, it could be as little as 1% or as high as 10%. That's obviously a wide range, which is why this is an area of snoring and sleep apnea that deserves more research.



10. DROWSY DRIVING IS A DANGEROUS SNORING ISSUE

This is an overlooked side effect of sleep apnea. When you suffer from sleep apnea, you're often tired during the day, which can naturally lead to drowsy driving. The National Highway Traffic Safety Administration estimates that **drowsy driving is responsible for 100,000-plus car accidents and 1,550-plus car-related deaths each year**.

If you exhibit the signs and symptoms of sleep apnea, you need to seek treatment for your own health – but also for the health and safety of those with whom you share the road.



CONCLUSION

Don't let snoring negatively affect your life, whether it's run-of-the-mill snoring or something more dangerous like sleep apnea. Check out tips for how to stop snoring, or visit your doctor for diagnosis and treatment ideas.