

Mayo Clinic Medical Edge

Snoring

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	CHAINSAWS... FREIGHT TRAINS... IF YOU LIVE WITH A SNORER, YOU KNOW WHAT IT CAN SOUND LIKE. BUT DO YOU KNOW WHAT'S BEHIND THE SNORING?
Eric Olson, M.D. Track 3 (:31)	"SNORING IS THE SOUND THAT OCCURS AT NIGHT WHEN THE STRUCTURES OF THE UPPER AIRWAY, SO BASICALLY THE THROAT, ARE VIBRATING."
	DR. ERIC OLSON IS A SLEEP MEDICINE SPECIALIST AT MAYO CLINIC. HE EXPLAINS THAT WHEN WE GO TO BED, THE SOFT TISSUE IN THE THROAT RELAXES

	<p>NARROWING THE AIRWAY. IF IT NARROWS ENOUGH AIRFLOW CAN BECOME TURBULENT.</p>
<p>Dr. Olson Track 3 (1:01)</p>	<p>“AND THAT TURBULENCE CREATES THE VIBRATION AT THE BACK OF THE THROAT.”</p>
	<p>IT’S A COMMON PROBLEM. ABOUT HALF OF MEN AND ONE IN FOUR WOMEN SNORE. THE GOOD NEWS IS THAT ON ITS OWN, SNORING IS TYPICALLY NOT MEDICALLY SIGNIFICANT. BUT IT CAN INDICATE ANOTHER SLEEP DISORDER CALLED SLEEP APNEA. IT CAN ALSO BE QUITE DISRUPTIVE FOR BED PARTNERS.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p>

