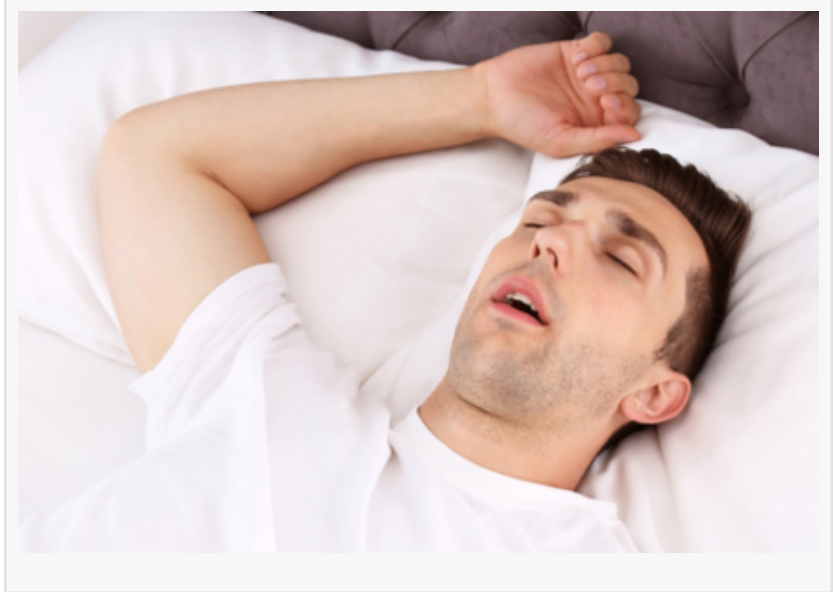


# Dr. Temp Patterson explores obstructive Sleep Apnea and its link to Snoring in your sleep

*Snoring is often dismissed as an annoyance or inconvenience, but can in fact point toward serious nasal issues.*

BURLEY, IDAHO, UNITED STATES, August 29, 2018 /EINPresswire.com/ -- Upwards of 40% of the population are believed to be regular snorers, with 25% being what's considered by doctors and sleep specialists to be habitual snorers. Often shrugged off as a relatively normal bodily function, snoring may actually be an indication of a serious underlying health concern. Chief among these concerns is obstructive [sleep apnea](#).



Obstructive sleep apnea is characterized by episodes where an individual's breathing pauses for 10 seconds or more at a time during sleep, explains Dr. Temp Patterson, an ear, [nose](#) and throat specialist from Burley, Idaho. "Obstructive sleep apnea occurs as a result of upper airway narrowing, or—rather more seriously—a complete collapse of the airway," he reveals.

Dr. Patterson goes on to explain that these pauses in breathing can lead to lower blood oxygen levels, which in turn puts a strain on an individual's heart. "That's because the heart must work harder to simply maintain its normal rhythm," he adds. "Obstructive sleep apnea is potentially lethal, so it's important to get checked over."

The specialist physician is keen to point out at this stage that, more often than not, snoring isn't a symptom of a serious condition such as obstructive sleep apnea. Instead, he explains, snoring is more likely to be the result of a blocked nose caused by a cold or [sinus](#) infection, or during the hay fever season. Similarly, snoring can be the result of another nasal allergy or infection, nasal obstruction, or an enlargement of the tonsils or adenoids, particularly in children.

Where obstructive sleep apnea is suspected, however, it's vital that an individual struggling with snoring reaches out to their doctor. Incredibly, Dr. Patterson reveals that obstructive sleep apnea patients can experience as many as 300 episodes, where breathing stops for 10 or more seconds, per night.

Where a patient presents with problematic snoring, a specialist doctor—known as an otolaryngologist—will carry out a thorough examination of the nose, mouth, throat, palate, and neck, possibly using a fiber-optic scope. "Such examinations will generally reveal the source of an individual's snoring," says Dr. Patterson.

A sleep study may also be performed to determine if obstructive sleep apnea is to blame in severe cases of snoring. "Many treatments for snoring exist, whatever the cause,"

otolaryngologist Dr. Temp Patterson explains.

"Ultimately, anyone who snores regularly should seek medical advice," he adds, wrapping up, "even if only to rule out any serious health conditions, such as obstructive sleep apnea."

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