

[Chronic Snoring is Not Only Annoying But so Much More](#)

Do you ever experience a slump in energy during the day? Maybe you wake up tired or become fatigued during the course of your day, even after a full night's sleep. Do people close to you complain about your snoring? You could be suffering from sleep apnea without even knowing it.

In simple terms, sleep apnea refers to a condition in which you literally stop breathing for a few seconds, typically about 10 seconds at a time. This can occur throughout the night without you even being aware of it. In fact, most diagnoses of sleep apnea occur after someone else notices the apneic episodes. Clinical diagnosis is usually made with a polysomnogram, or overnight sleep test, where your breathing is closely monitored while you sleep.

The cause of the disorder is how sleep apnea is categorized. When something is obstructing the flow of air, it is called obstructive sleep apnea. This is the most common. If you are suffering from upper respiratory infection, it is possible to experience a mild form of sleep apnea. Your airflow becomes blocked by tissues in the throat when they swell. But when obstructive sleep apnea becomes frequent, you need to have medical treatment for it because more serious conditions may happen, such as congestive heart failure.

Central apnea is the second type and is less common but more serious. It happens when the area of the brain that controls respirations is out of balance. When the level of carbon dioxide in the blood increases, the feedback mechanism that usually controls it does not react fast enough and keeps you from breathing normally. After the apneic episode, you may breathe very fast for a few seconds or minutes. This is how your body removes the excess carbon dioxide and oxygen is taken in. This can even happen during your waking hours.

A combination of the first and second type is called complex apnea. If you have a severe case of obstructive apnea, and it continues for an extended period of time, central sleep apnea can develop.

Snoring is one of the more common indications of obstructive sleep apnea. However, snoring does not equate to obstructive sleep apnea. It is when the snoring stops, and your breathing stops, that's a good sign that you may be experiencing sleep apnea. After such an episode, it is normally followed by a deep gasp, then snoring continues.

My simple exercise program was created to eliminate snoring and will cure the different types of sleep apnea. By strengthening the muscles and tissues around the mouth and throat through exercise, the episodes of obstructive sleep apnea can decrease.

My Stop Snoring Program can also cure central sleep apnea, because the exercises which move the muscles stimulates the areas of the brain that contains the respiratory control centers.

Keep in mind that the Stop Snoring Program is in no way intended to diagnosis, treat, or cure severe forms of chronic sleep apnea. You should absolutely seek advice from your primary care physician for a clinical diagnosis and proper medical treatment.

Remember that snoring does not equate to sleep apnea. Although your snoring will definitely be cured by my Stop Snoring Program, and will finally make you and your spouse experience a good night's sleep.

Warm regards,

Christian Goodman

About the Author

Christian Goodman is a well known natural health researcher of [natural health alternatives](#). His newest work is the [Stop Snoring](#) guide which has now helped thousands of people stop snoring naturally.

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