Heavy Snoring Linked To Potentially Life-Threatening Conditions

Ground-breaking medical research reveals that more than 18 million Americans suffer from heavy snoring, but don’t realize it's likely a tell-tale sign of a host of other life-threatening conditions.

Kansas City, MO (PRWEB) November 16, 2009 -- Millions of Americans suffer from heavy snoring, but don’t realize it may actually be a tell-tale sign of sleep apnea—a life threatening condition. A recent report from NPR reveals that there are actually more than 18 million American adults that suffer from this potentially fatal sleep condition.

Sleep apnea is a sleep disorder characterized by brief interruptions of breathing during sleep. These interruptions are typically characterized by breathing that is completely impeded, resulting in stopped or paused breathing for up to twenty or more seconds.

According to NPR, most heavy snorers don’t realize they may actually stop breathing and gasp hundreds of times throughout the night, which puts the snorer at risk of serious health problems including: high blood pressure, heart disease, diabetes and depression.

Generally, sleep apnea is caused by a clogged airway due a tongue or uvula that is either enlarged or too relaxed. Sleep apnea can also be caused by a number of other factors including recessed chins, a small jaw, or a large overbite.

Recent research indicates that heavy snoring may be directly linked to sleep apnea, which acts as a potential catalyst for carotid atherosclerosis and stroke according to the National Sleep Foundation.

In the US alone, it’s estimated that 15-to 54 percent of middle-aged adults snore. If you’re one of those that suffer from chronic snoring, it’s critical that you get it treated immediately.

In addition to oral surgery, one of the most effective treatments on the market today are custom made anti-snoring mouth pieces. Recent breakthroughs in anti-snoring technology have made it possible to correct heavy snoring and eliminate sleep apnea and its associated health risks.

Without oral surgery or a customized mouthpiece, there is nothing preventing the tongue from falling back against the soft palate, which subsequently blocks the airflow and poses a host of potentially dangerous conditions that can be life threatening.

Fortunately, these dangerous health conditions can be eliminated with the proper anti-snoring mouthpieces. Dr. Don Closson of Kansas City, MO has been extensively researching ways to correct and eliminate snoring and sleep apnea and its adverse affects for the past 30 years.

At the forefront of snoring and sleep apnea dental research, Dr. Closson has pioneered and invented a groundbreaking solution deemed as a top anti-snoring solution by experts.

About The Ultimate Stop Snoring Solution
Dr. Don Closson, the inventor of the Ultimate Stop Snoring Solution, has been in the dental field for 30 years and has consulted with dentists involved in the field of snoring and sleep apnea for the past 5 years. He has observed hundreds of patients with snoring and sleep apnea problems, finding out first hand what are the keys to successful treatment with anti snoring devices. From this experience and knowledge the Ultimate Stop Snoring Solution was developed.

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