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time. Now, snoring is breathing with a peculiar rough noise in sleep due to vibration of the soft palate and uvula. It is a hoarse, laboured respiration produced by deep inspiration and expiration through the nose and open mouth. It usually occurs when sleep is most profound, for it is during deep sleep that complete relaxation takes place.

The sleeper, if normal, sleeps with his mouth closed, breathing naturally through the nostrils, which prevents the vibration of the loose tissues of the throat. The mouth breather in the relaxation of deep sleep is usually the one who snores, but it is possible for snoring to occur with the mouth completely shut and nothing the matter with the nasal passages. The tendency is increased, however, by any obstruction of the nasal airway, the result of polypi, tumor growths, enlarged turbinates, bony deformities, or sinus infections. Chronic inflammation of the nasal linings may cause an enlargement of the tissues sufficient to obstruct the nose. Lying on the back is more apt to induce snoring than lying on either side when sleeping. Of course, if one is an habitual snorer, any position assumed in sleep may not mitigate the snoring.

As a rule, the snorer is not aware that he snores. His suspicion should be aroused, however, if he wakes up in the morning with a dry mouth and a tongue like leather. That is due to the drying of the secretions of the mouth by mouth breathing.

Aside from the aesthetic and social aspects of snoring, the medical side is of great importance to the snorer. As we have pointed out, snoring is usually an indication of some disturbance in the nose that requires the care of a physician.

Snoring in Children

In children, snoring is commonly an indication of enlarged adenoids and tonsils. Adenoids, especially, are the cause of mouth breathing and, consequently, snoring in children. Special attention should be paid to the care of these conditions in children, as the longer the delay, the more serious the complications likely to follow. Adenoids and enlarged septic tonsils are open doors for disease germs. Neglect of these conditions may mean permanent delicacy of body and dullness of mind.

Enough has been written to indicate that snoring and mouth breathing are, as a rule, due to certain physical defects which should be corrected. The family doctor should be consulted to determine the cause or causes and to suggest the needed treatment.