



Snoring Causes Unhealthy Sleep Disruption

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In an effort to help improve overall rest, Nutriden Inc. has launched a new marketing campaign to help improve sleep.

Nutriden's owner, Tom Schmulich stated, "I'm excited to announce our new marketing campaign to bring attention to the effects of junk food and sleep. Junk food is not only bad for our body but it contributes to poor sleep patterns. We are doing our best to provide education to help people get a better night's rest".

According to the National Sleep Foundation, 'snoring is the primary cause of sleep disruption for approximately 90 million American adults'. Snoring happens to people of any age and either sex, but there are some who are more apt to snore than others. Men snore more than women, the overweight snore more than those who were of a healthy weight, and the aging snore more. Snoring can happen every night or it can happen intermittently. It causes disruption for the person who is snoring and for those who sleep around them. It is estimated that half of those who snore have sleep apnea issues.

When one snores, they sometimes do so loudly enough to wake themselves up. This can happen several times during one night. As snoring persists, one gets less and less sleep at night and unhealthy consequences emerge, things like: excessive daytime sleepiness, morning headaches, recent weight gain,

awakening in the morning not feeling rested, awaking at night feeling confused, change in ones level of attention, concentration, or memory, according to the NSF. These symptoms only become worse as the problem is not resolved and lack of sleep becomes a regular habit.

If one lives with someone who snores, one may know more about their snoring then they do. It is typically one of the most common reasons to be awake at night. Getting back to sleep at night when woken by a snorer is often difficult. Taking a natural sleep aid is one way of getting back to sleep and rest one needs.

A partner of a snorer can help them try to stop snoring and by doing so, maybe getting the rest they need. A partner can roll the person who is snoring over, change pillows or add more for a heighten effect, wear ear plugs if partner is unable to stop the snoring and getting to sleep is the priority. If nasal issues are the problem linked to the snoring, the snorer can try an allergy medication or nasal strip before bedtime. All things considered, when the snorer is not having a problem with sleep issues, but the partner is, the snoring is still a big problem and needs to be addressed.

Loud snoring can be a sign of a larger sleep issue called sleep apnea or obstructive sleep apnea. According to the Ohio Sleep Medicine Institute, 'obstructive sleep apnea occurs when the airway is blocked but the patient continues to make an effort to breathe'. They go further to outline the serious issues obstructive sleep apnea can cause: excessive daytime sleepiness, puts a major stress on one's heart, the #1 known cause of high blood pressure in the United States, triples the risk for having a heart attack, increases the risk for a stroke, increases the risk for developing diabetes, depression, headaches, memory impairment and erectile dysfunction in men.

When dealing with snoring, there is a lot to consider. Getting a doctor's opinion of snoring issues, taking sleep aids that the doctor suggests and making sure the problem does not go further can save the snorer's life.

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Nutriden Inc

Nutriden Inc. is a privately held company committed to providing it's customers a brand Nutritional Supplements that is first and foremost safe and of the highest quality, potency, and efficacy.

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