

The Snoring Mouthpiece Review Organization Publishes Post About When People Should Worry About Snoring

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The Snoring Mouthpiece Review, an organization based in Long Beach, California, has announced that they have recently published a blog post that offers advice when people should worry about their snoring. The article is titled, ?Snoring: When Should You Worry About It?? and explains that snoring could be an indication of something more serious. It explains the snoring issues that people should be on the look out for.

Steve Walker, a spokesperson for The Snoring Mouthpiece Review, says, ?No matter how you define it, snoring is a common habit for both men and women. It?s typically most common for men, but for any person, your chances of snoring start to increase as you get older. Although this problem is usually just mildly annoying (or funny), there are times when snoring can be related to a serious condition called sleep apnea.?

Steve points out that while snorers may seem to look and sound funny, they are actually struggling with their breathing. People snore when there is a physical obstruction that is hindering the flow of air through the mouth and nose. There are many possible causes of this physical obstruction. These include blocked nasal passages, bulky throat tissue, poor muscle tone, and a long soft palate and/or uvula.

The article points out that people should really worry about a person who is snoring when the snore is unusually loud. This may indicate sleep apnea, which means that there are times when the person momentarily stops breathing resulting in a reduction in oxygen levels when sleeping.

There are three kinds of sleep apnea. The first one is called obstructive sleep apnea because it is caused by a physical obstruction as mentioned above. The second type is central sleep apnea and is due to the brain not sending the proper signals to the muscles that control breathing. The third type is known as complex sleep apnea syndrome, which is a combination of the first two types.

Fortunately, there are many available solutions on the market. And on recent news is the Good Morning Snore Solution (GMSS), which is a mouthpiece that can be purchased without requiring a prescription or a dentist?s bill. The GMSS has been cleared by the US Food and Drug Administration (FDA) and the company that manufactures it has been accredited by the Better Business Bureau (BBB).

The GMSS mouthpiece is flexible, is made of soft material, and is BPA-free. It is very similar in shape and principle to a baby soother, with a bulb on the end. Technically, it is a mandibular advancement device (MAD) mouthpiece but its design is so unique that it has become a category of its own. It is made of medical grade resin and is latex-free. And it has not just been cleared by the FDA of the US but also by Health Canada, the Australian Therapeutic Goods Administration, and the European Commission.

Reviewers have noted several unique characteristics of the GMSS mouthpiece that make it a great choice for most people who have snoring problems. First of all, the GMSS is unlike the oral appliance that need to be customized by the dentist. Such oral appliances can be very expensive and may be priced into the $2,000 to $3,000 range. Second, the GMSS has been clinically tested in the US, Australia, and Europe and is unique compared to other MAD mouthpieces.

Third, the GMSS will conform to the shape of the mouth and will not interrupt a person?s sleep. And finally, it works by controlling the location of the person?s tongue. This principle is much better than changing the jaw placement because the tongue is much easier to adjust as compared to the jaw bone. The GMSS mouthpiece works by pulling the tongue forward so as to clear the blockage caused by the tongue when it is positioned at the back of the throat.

Those who need more information about the GMSS details can visit The Snoring Mouthpiece Review website or contact them via email.

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The Snoring Mouthpiece Review

Snoring mouthpiece and anti snoring device blog with unbiased mouth guard reviews. Includes ZQuiet, SnoreRX and Good Morning Snore Solution, among others.

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