The Snoring Mouthpiece Review Publishes Post On Z Quiet, A Device Designed To Prevent Snoring And Its Complications

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The Snoring Mouthpiece Review, which is based in Long Beach, California, has published a new blog post that discusses the causes and complications of snoring and its possible solutions. The blog post is titled, ?Snoring: Causes And Complications Of It.? The article points out that it is heavy snoring that people should worry about because something more serious could be going on, such as sleep apnea.

Steve Walker, author of the article, says, ?The vibrating nasal tissue is what causes the snoring sound. The more it vibrates, the louder the sound. There are various causes of snoring. In general, it is due to the tissues and muscles in the airway that tend to collapse and block the airway while a person is asleep. But what is more important to know are the potential complications of heavy snoring, such as high blood pressure, stroke, heart disease, and even falling asleep while driving.?

Vibrating nasal tissue is the main reason for the snoring sound. This is caused by the relaxed throat or nasal tissues through which the air goes through while a person is sleeping. When these tissues obstruct the airway, this reduces the amount of air going through the airway or the tissues may totally obstruct air flow so that the body is momentarily without air. Another possible cause of snoring is a genetic anatomic obstruction like large tonsils, a deviated septum, a large neck circumference, and a floppy soft palate.

Snoring begins to have complications when it interferes with the snorer?s breathing while sleeping and/or when it interrupts the bed partner?s ability to get sufficient restful sleep. When the snorer stops breathing while sleeping, this means that the oxygen level for that person decreases and he or she may awaken choking and gasping for air. This prevents the person from getting a good night?s sleep. And those momentary deficiency in oxygen may result into other more serious conditions, such as hypertension, stroke, and heart disease.

Naturally, it would be best for people who notice that they have possible symptoms of sleep apnea to consult with a doctor. And there are devices on the market that can help prevent snoring and sleep apnea. While the usual device prescribed for preventing sleep apnea requires the person to wear a bulky mask, modern snoring mouthpieces don?t require masks, one example of which is the ZQuiet. This is a mandibular adjustment device (MAD) type of snoring mouthpiece.

The ZQuiet has been in recent news and it is different from other MAD mouthpieces because while most of them require the jaws to be closed, with the lower jaw slightly in front of the upper jaw, it is possible for the person to open or close his or her mouth while wearing it. This permits the usual movement of the mouth, including opening and closing, and normal breathing, while keeping the lower jaw slightly in front of the upper jaw. This position of the jaw is what prevents the base of the tongue from falling back and blocking the airway.

However, those who are considering MADs like the ZQuiet, need to know that it is not recommended for those who have jaw problems, moderate to severe sleep apnea, or wear dentures. It may not also be recommended for those who have sensitive teeth or have an overbite. It is important to consult a doctor or dentist about this. For such conditions, it may be advisable to go for a tongue stabilizing device (TSD) like the Good Morning Snore Solution.

It has been observed that the ZQuiet is well suited to people who breathe through their mouth when they sleep. Those who have tried it have stated that it was like ?a breathing hole? that opens wide when the mouth opens.

Those who want to learn more about the ZQuiet details on how it can help prevent snoring and help a person avoid its complications can check out The Snoring Mouthpiece Review website, or contact them on the phone of through 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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