

[IMAGE]

Secondhand Smoke Can Cause Snoring ... and Maybe Worse

By Editorial Staff

A chronic snorer not only lives with the embarrassment of the condition, but also the health consequences, the most obvious of which is inadequate sleep / rest from being woken up – either by the strength of one's own snore or an exasperated partner. Snoring also may be a sign of obstructive sleep apnea, in which upper airway narrowing or collapse causes breathing pauses of up to 10 seconds at a time. According to the American Academy of Otolaryngology – Head and Neck Surgery, sleep apnea increases the risk of heart attack, stroke, diabetes and other serious health problems.

There are several anatomical / physiological mechanisms underlying snoring, and being overweight doesn't help. In children, snoring can signal adenoid / tonsil problems. Secondhand smoke is another culprit, suggests new research, increasing children's risk of becoming a habitual snorer compared to children not exposed to secondhand smoke. According to the research review, which evaluated 24 eligible studies involving nearly 90,000 children and appeared in the *Journal of Epidemiology & Community Health*, a child's risk of becoming a chronic snorer increased by approximately 2 percent for every cigarette smoked in the home.

Keep in mind that snoring isn't the only consequence of secondhand smoke exposure in children; respiratory and ear infections, asthma and behavioral issues have also been linked to exposure. In other words, secondhand smoke is bad news all around. If you're having trouble quitting or want more information to help someone you know quit, talk to your doctor and visit www.cdc.gov/tobacco/quit_smoking/index.htm.

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