

World's First Study on a Novel Treatment of Disturbing Snoring

Snore refers to the rough, noisy breathing during sleep, which is usually caused by the vibration of the uvula and soft palate. About 24%-50% of men and 14-30% of women suffer from disturbing snoring.

In this regard, researchers from the Division of Otorhinolaryngology-Head & Neck Surgery, Department of Surgery, Faculty of Medicine, the University of Hong Kong have conducted the world's first study on a novel treatment in managing disturbing snoring. They tackled soft tissue vibration caused by airflow turbulence in the snorer's airway by inserting three snippets of polyester braid into the mouths of 12 patients. This has an effect to stiffen the soft palate and dampen its movement as result of resonance and reduce the snoring sound. The whole process lasts only around 15 minutes and found to be an effective and safe treatment for snoring.

Significant improvements were found in patients including the spouses' ratings of the loudness of snoring and a drop in daytime sleepiness scoring. The scoring of snoring loudness decreased from a mean of 79 out of 100 before the procedure, to 48 at three months afterwards.