

THE 15 MINUTE SNORE SOLUTION

SAY GOODBYE TO SNORING AND SLEEP EASY WITH SLEEP EZE, A NEW LASER TREATMENT FOR SNORING AND SLEEP APNOEA. AIMÉE SURTENICH REPORTS.

Friedrich Nietzsche once said, “sleeping is no mean art. For its sake one must stay awake all day.”

If you snore – or, more annoyingly, your partner does – take comfort in the fact that you’re not alone in these nocturnal harmonics. As many as 50 percent of people are affected by snoring.

But this is small comfort indeed when stacked up against disturbed sleep, poor sleep quality and continual daytime fatigue – not to mention relationship frustration if you and your partner are constantly denied a good night’s sleep!

“A new treatment is offering snoring sufferers renewed hope in the battle against sleep deprivation”

WHY DO WE SNORE?

Snoring occurs when the soft tissues in the back of your throat relax and vibrate during sleep or, in the case of obstructive sleep apnoea, when the airway is blocked and pauses breathing. ‘Snoring occurs when these structures strike each other and vibrate during breathing,’ explains Dr

CAN SLEEP DEPRIVATION MAKE US FAT?

A lack of sleep can affect metabolism, reducing the rate at which we burn kilojoules. Chronic sleep deprivation has been linked to increased rates of obesity and diabetes, according to research at the UK’s University of Warwick, which found that adults who get less than seven hours of sleep a night are twice as likely to become obese.

Sleep provides an opportunity for the body to repair and rejuvenate itself. Many of the major restorative functions in the body, such as muscle growth, tissue repair, protein synthesis and growth hormone release, occur mostly (and in some cases only) during sleep.

WHEN ENOUGH’S ENOUGH

A new treatment is offering sufferers renewed hope in the battle against sleep deprivation. Sleep Eze is a painless, fast and long-lasting laser treatment that targets the cause of snoring and mild obstructive sleep apnoea.

Dr Beaini offers Sleep Eze at MD Cosmedical Solutions and is impressed with the results achieved. ‘Sleep Eze uses laser technology to target the roof of the mouth and back of throat, heating the soft tissue and stimulating collagen production. This, in turn, tightens soft tissue so it’s not so loose and prone to vibration,’ he says.

Three short treatments are typically needed over six weeks, with more than 90 percent of snorers and 70 percent of sleep apnoea sufferers experiencing improvement.

‘There’s no pain involved – it feels like drinking a warm cup of tea,’ says Dr Beaini. ‘Plus there’s no downtime; you can go straight back to work afterwards.’

After the third treatment, the soft tissue gradually tightens and the outcome is long lasting. ‘Within three months after the first treatment, you should notice a defined change and improvement to your snoring and sleep apnoea,’ he says.

As tissue does soften with age, he recommends patients return every 12 to 18 months for single touch-up treatments.

WHAT MAKES SLEEP EZE DIFFERENT?

Some of the devices on the market aimed at reducing snoring can be inconvenient, uncomfortable and are temporary solutions. ‘Sleep Eze is the only real permanent treatment and offers an invaluable long-term investment in sleep quality,’ says Dr Beaini. ‘If you don’t treat it, snoring can get worse and develop into sleep apnoea. For people with sleep apnoea, any reduction in severity can make a significant difference.’ **csbm**

Buddy Paul Beaini, cosmetic physician and director of MD Cosmedical Solutions.

With sleep apnoea, you actually stop breathing for periods of time, even up to a couple of minutes, as many as hundreds of times a night. This happens when the muscles of the throat collapse during sleep and block the windpipe.

Anatomically, you are more likely to have a snoring problem if you have a longer or floppier soft palate. In this case the soft palate will vibrate more, creating the snoring sound. Other contributing factors include being overweight because of increased weight around the neck and jaw, alcohol intake because it relaxes the muscle, medications such as sleeping tablets and muscle relaxants for the same reason, and smoking because it weakens the lungs and makes them more irritant.

Both sleep apnoea and snoring can leave you sleep deprived because you don’t receive the right quality of sleep. This can affect your performance during the day, making you tired, drowsy and possibly more prone to accidents and work mistakes.

Additionally, snoring and sleep apnoea are associated with long-term health problems, including heart attacks, strokes and hypertension.