

A New Lullaby for Snorers



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Snoring is not only a common nuisance - it is a serious health concern. People who snore have a higher risk of cardiovascular disease, including stroke, elevated blood pressure and infections, and they have an elevated risk of glucose metabolism disorders, such as type 2 diabetes.

Snoring can put a strain on family life and personal relationships as anyone in the vicinity of the snorer may suffer endless sleepless nights. Snoring is a frequent consequence of obesity, where fatty deposits on the throat and uvula narrow the respiratory airway. Luckily, obesity can often be improved through weight loss. Snoring may also be treated with the use of a properly fitted mouthpiece or through more invasive procedures, such as laser surgery or general surgery of the throat and uvula. Singing has also been proposed as a treatment for snoring.

In a preliminary study conducted on the effects of regular singing exercises on snoring, 20 chronic snorers received instructions on singing technique and singing exercises. The subjects were instructed to practice their singing exercises for 20 minutes per day for three months.

The incidence of snoring was measured before and after the three months of singing exercises using a voice-activated tape recorder. On average, the incidence of snoring was reduced, particularly in subjects who performed the singing exercises correctly and who were not overweight. Subjects without nasal problems and subjects who had not begun snoring until middle age showed the greatest reduction in their snoring.

Although this study is preliminary, it offers a noninvasive, alternative treatment for those who snore. Singing may help snorers with their disorder and it may also improve other aspects of their life. Singing is a very liberating and spiritual experience; it relieves stress, improves mood, brings joy to you and to others and improves overall well-being. Singing is also good lung exercise. It results in good breathing technique and helps the body eliminate carbon dioxide (CO₂).