

Finding snoring a chore?



MANY OF US HAVE A NIGHT-TIME SECRET: WE SNORE! EVEN IF IT'S NOT YOU, BUT YOUR PARTNER, IT CAN AFFECT YOUR HEALTH. DR ELLIE CANNON EXPLAINS HOW TO TACKLE IT...

Apparently, as many as 15 million Britons snore at night – that's an awful lot of people not having a good night's sleep! And don't be fooled into thinking it's just men. Women can often be snorers, too. But what can you actually do about it? And when do you need to be worried that snoring could be a serious health concern?

WEIGHTY ISSUE

Snoring happens when the air you breathe causes loud vibrations within the muscles and airways in your mouth, throat and nose. It's more likely in those who smoke, and after drinking alcohol. People who are overweight will usually snore more, due to excess fat around the neck, which can constrict the windpipe, making the sounds worse. It's also more common in people with allergies.

AGE RANGE

Snoring can affect any age group, but it particularly happens between the ages of 40-60. Twice as many men snore than women. Children can be snorers, too. This can be related to childhood allergies or enlarged tonsils or adenoids. If your child is snoring, it can result in tiredness and poor behaviour during the school day. It's an important reason to speak to your GP.



GETTING SERIOUS

Snoring can be a serious condition called obstructive sleep apnoea, when you actually stop breathing for a few seconds because the airways become totally blocked. People with this are usually the loudest snorers, and have very disturbed sleep as a result. Sufferers usually find they are sleepy during the day and often have daytime headaches. It's important to seek treatment from the doctor.

STAY ON YOUR SIDE

People say you should sleep with a tennis ball if you snore – and it's true! If you lie on your back, snoring is far worse, as your airways collapse. Sleeping on your side keeps airways open and reduces snoring. Stitch a pocket on to the back of a pyjama top – just between where your shoulder blades would be – to store a tennis ball. This should stop you rolling on to your back while you sleep.



TREAT THE PROBLEM

You can buy various devices from the pharmacist to help with snoring – these include strips for the nose, mouthguards and other devices to push your jaw forward. The aim of all of these devices is to try to keep your airways open, preventing the snoring noise being created. These are not available on the NHS. And it's worth trying a range of devices, as different ones work for each case.



SURGERY SOLUTION?

Surgery is not commonly available on the NHS for snoring unless it is proven to be having a serious effect on your health or your life. It's also not helpful unless there is a known physical issue – enlarged tonsils or a nose deformity, for example. Privately, surgery is available, with different techniques to open up the airways, but health watchdogs warn they are not always effective.

BLOCK YOUR EARS

Lifestyle changes can help, such as smoking less, reducing alcohol intake and exercising more. Ask your GP if your medications can be changed if you think they worsen the problem. And don't forget to buy ear plugs for your partner!



Look younger with Lesley



Anti-ageing guru **Lesley Reynolds** reveals the latest treatments to help you stay youthful

Sagging jowls – one of the dreaded signs of ageing – can make you look years older. But don't let them drag you down! Here's how to tighten, tone and sculpt the jawline.

LIFT AND TIGHTEN WITH INJECTABLES

The neck and chin area is prone to fat accumulation and sagging. A lunchtime injectable treatment called the Microtox Lift will sculpt and lift the jawline. In a 20-minute procedure, a series of injections of Azzalure, similar to Botox, is administered across the jaw and under the chin area.

It helps relax the muscles and, within a week, you should start to see tighter skin. An ideal procedure to have done before an event, it costs from £750.



THE JAW-RAISER USING RADIO FREQUENCY

Forma is a 45-minute non-invasive procedure that will help tighten and smooth the neck and jawline. First, a gel is applied to the skin, and a hand-held wand – which emits radio-frequency energy – heats the neck and jowl area, causing the skin to tighten by the stimulation of collagen. Results are immediate, with skin continuing to tighten for up to six months. A course of six weekly treatments is recommended. Redness fades after an hour. From £999.

BEAT THE SAG WITH A THREAD LIFT

This one hour, no-knife procedure uses PDO (polydioxanone) threads which absorb into skin over time. Using local anaesthetic, tiny incisions are made under the jawline and

sutures are inserted with a special needle, lifting skin up and holding it in place. There may be some bruising and swelling for up to 10 days. Results are instant and last up to three years. From £1,800.

AND DON'T FORGET...

- Always use products from your face down to your neck, gently massaging with an upward stroke. Be careful not to pull or stretch the skin.
- Apply a broad-spectrum sunscreen with SPF 30 – minimum – every day to help prevent collagen breakdown and pigmentation. If you have short hair, apply it to the back of your neck and the sides, too.
- To strengthen neck muscles and prevent sag, do these simple exercises every day. Lift your bottom teeth over your top teeth 10 times, twice a day. Sit upright, tilt your head back looking at the ceiling while keeping your lips closed and then start a chewing movement. You will feel the muscles working. Repeat 20 times.

For more information on Lesley and her team of doctors, please visit harleystreetskinclinic.com