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Is Snoring a Sign of Good Sleep? Is Snoring a Disease?

Debunking 5 Myths About Snoring

Snoring is often considered a sign of "deep sleep," but is that really the case? Many complain about loud snoring from their partners, even saying they're tempted to "throw a pillow" due to sleeplessness. In reality, snoring doesn't indicate good sleep; it may even signal potential health issues.

Here are five common myths about snoring:

Myth 1: Snoring = Good Sleep?

False! Snoring is caused by airway obstruction or narrowing and doesn't mean restful sleep. Persistent snoring may lead to sleep apnea, a condition that causes frequent breathing interruptions and oxygen deprivation, which significantly increases the risk of cardiovascular and other chronic diseases.

Myth 2: Is Snoring a Disease?

In a way, yes. Snoring is a warning sign that airways may be obstructed during sleep. Ignoring it can harm sleep quality and potentially impact daily life and long-term health.

Myth 3: Does Only Overweight People Snore?

Not necessarily. While overweight people are at higher risk, snoring can also be due to structural issues like a deviated septum. Additionally, alcohol and sedatives can relax muscles, worsening snoring.

Myth 4: Snoring Means Poor Breathing?

Correct. Snoring is caused by airway obstruction. Using sleep apps to monitor snoring frequency and volume is recommended; if moderate to severe, consider a sleep clinic for diagnosis.

Myth 5: Can Pinching the Nose or Mouth Taping Stop Snoring?

Not entirely effective. Pinching the nose may temporarily stop snoring, but it doesn't address the root issue. Mouth taping can help reduce snoring caused by mouth breathing but should be used based on individual circumstances to ensure it's the right approach.

Ways to Reduce Snoring:

- 1) Sleep on Your Side: Helps keep airways open and reduces snoring.
- 2) Maintain a Healthy Weight: Excess weight, especially around the neck, can increase snoring risk. Balanced eating and regular exercise can effectively alleviate snoring.
- 3) Avoid Alcohol and Sedatives: These relax throat muscles, increasing snoring chances. Avoid them before bed.
- 4) Practice Good Sleep Habits: Consistent sleep schedules and relaxing bedtime routines improve sleep quality, which in turn reduces snoring.