

The Difference Between Snoring and Obstructive Sleep Apnea

Both snoring and Obstructive sleep apnea occur when your airway becomes blocked during sleep. But when you snore, your airway is partly blocked for only a brief moment. The air eventually passes through. When it does, your throat vibrates, making the snoring sound.

Sleep apnea, on the other hand, interrupts your sleep. In obstructive sleep apnea, the upper airway becomes partially or completely blocked and air flow to the lungs becomes diminished or stopped. So, the brain tells the body to wake up just enough to unblock the airway.

With an audible gasp, breathing starts again. This process may repeat many times during the night.

Talk with your healthcare provider if you have loud or disruptive snoring, daytime sleepiness, or trouble sleeping at night.