

# CAN A SNORING SPOUSE IMPACT A MARRIAGE?



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hand snoring can bring a whole new perspective to the vow “until death do us part.” Loud snoring is not only very irritating to the bed partner but it is also extremely bad for their long term health.

In monitoring one couple’s nighttime sleep, the husband’s snoring was arousing the wife out

of sleep over 8 times an hour! Therefore, when additional surveys came back indicating that couples in these situations have a higher divorce rate, we weren’t surprised.

Even bigger than the troubling increased divorce rate are the consequences of untreated sleep apnea on a person’s health. We now know that snoring is a large indicator for sleep apnea but what is sleep apnea? According to the American Sleep Apnea Association, “Sleep apnea is an involuntary cessation

of breathing that occurs while somebody is asleep. Episodes without breathing can last 10 seconds to 2 minutes or longer and a person can have up to hundreds of episodes per night.”

Sleep apnea is a serious health issue. It lowers the oxygen level in the blood, which leaves a person susceptible to major health problems like high blood pressure, Type 2 diabetes, heart attack, stroke, 5 times greater chance of cancer, dementia and even Alzheimer’s. Symptoms

of sleep apnea can range from: waking up feeling unrefreshed including memory loss, feeling tired or fatigued, experiencing personality changes, headache, heartburn, sweating or chest pain while sleeping, and depression.

The diagnosis of sleep apnea must be made by a sleep specialist following a sleep study in a private or hospital sleep lab. When a person is diagnosed with sleep apnea, it’s important to understand the treatment options, such as weight loss,

surgery, CPAP mask, or an oral appliance (similar to a mouth guard). With proper treatment for sleep apnea, snoring is also minimized. In addition, the spouse’s sleep deprivation lessens significantly along with the feelings of hostility, aggravation and often marital distress.

For more information on how ORAL Appliances can help to your Snoring or Obstructive Sleep Apnea please contact:  
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