

To cure snoring & OSA wear chinstrap while sleeping

28 May 2013 | News | By BioSpectrum Bureau



Singapore: A recent case study published by Division of Sleep Medicine, Eastern Virginia Medical School, US, concluded that wearing a simple chinstrap while you sleep can be an effective treatment for snoring, which is the most common symptom of obstructive sleep apnea (OSA). The study has been published in the Journal of Clinical Sleep Medicine.

The chin strap, which cost \$119 and is available from a company called MySnoringSolution, works by supporting the lower jaw and tongue, preventing obstruction of the airway. It's made from a high-tech, lightweight, and super-comfortable material.

Although several products are available in the market to prevent snoring, including continuous positive airway pressure devices (CPAP) or other intrusive devices, the chin strap has emerged as the most cost-effective solution.

CPAP devices, which force air through the nose and mouth while sleep to keep the airways open, are uncomfortable to wear, and surgeries that are undergone by individuals to treat snoring or OSA are also very painful. Furthermore, OSA can be expensive to diagnose and treat. A single visit to the clinic in order to treat OSA can cost up to \$5,000.