



# ASK THE *Pain Relief* EXPERT

DR. GEORGE ROTH

**Dr. Roth, my husband's habitual snoring is keeping me awake at night! What can I do other than sleep on the couch???**

**Snoring & Sleep Apnea ...  
There is a better way to stop the noise!**

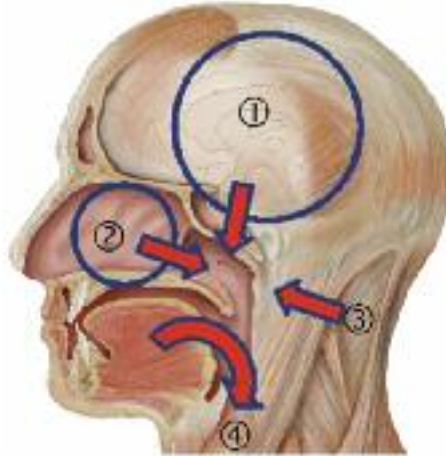
**FACTS:**

- Forty-five percent of normal adults snore at least occasionally.
- 25 percent are habitual snorers.
- Problem snoring is more frequent in males and overweight people.
- Snoring usually grows worse with age.

Besides the obvious disruption of sleep for those sharing the same room or bed, **the sufferer is at risk for reduced oxygen supply to the brain, increased risk of heart disease and motor vehicle collisions, as well as many other effects due to sleep deprivation.** Our research has demonstrated that the correction of many common structural imbalances in the head, neck and chest, can alleviate this condition in most cases.

**WHAT CAUSES SNORING?**

**Snoring is caused by partial obstruction of the air flow through the nose, mouth or throat.** This causes the walls of the throat to vibrate during breathing, resulting in the distinctive sounds of snoring. Air



**Injuries & Upper Airway Obstruction:**

1. Head Injury
2. Facial Injury
3. Neck Injury
4. Visceral (Internal Organ) Injury

flow can be obstructed by mechanical imbalance in several different parts of the body. Some of these problems may be caused by injuries, such as strains and impacts such as falls. In some cases impact injuries can lead to internal injury to the fluid-filled internal organs. This may result in the enlargement of organs, such as the liver, spleen or heart, resulting in downward tension on the esophagus and throat, which causes the tongue to be pulled further into the airway.

**SLEEP APNEA**

**Sleep apnea is a common disorder resulting in pauses in breathing during sleep, caused by complete obstruction of air flow in the upper airway.** Breathing pauses can last from a few seconds to minutes. They often occur 5 to 30 times or more an hour. Typically, normal breathing then starts again, sometimes with a loud snort or choking sound. The most common form of sleep apnea is due to mechanical obstruction of the airway. Untreated sleep apnea is associated with heart disease, stroke and an increased risk for work-related and driving accidents. The Sleep-Strip, available at the Matrix Wellness Centre, is a disposable mini-computer used to monitor sleep apnea.

*Matrix Repatterning is a gentle, scientific form of treatment provided by certified health professionals. It has been clinically proven to resolve the underlying factors associated with many conditions including snoring & sleep apnea; back, neck, shoulder, hip and knee pain, headache & TMJ and various other conditions associated with structural imbalance.*

*Experience the Solution!*

## **MATRIX WELLNESS CENTRE** **905-726-8770**



**EXPANDING THE HORIZONS OF WELL-BEING**  
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