

Snoring And Relationships

[Snoring](#) is a bigger issue in relationships than what many experts had originally thought. It is a real problem that at times can separate a couple within their own home and eventually break up a marriage or relationship without really knowing that [snoring](#) was the original underlying culprit. After a period of time when sleeping with a person who snores, there will be a mild to serious problem of [sleep deprivation](#).

Sleep deprivation happens as you tend to awaken several times throughout the night, and the end contributes to mistakes such as lack of concentration and irritability during your day. It tends to start subtle, but will very quickly result in emotional unease, physical mistakes and faltering in overall work performance, among several other daily problems. Irritability and exacerbated stress eventually leads into physical ill healthiness over prolonged time periods. In a relationship or marriage, arguments are bound to start more often than before the snoring began, and the couple may not even understand why they are having disagreements over issues that in the end.

In many cases, the overall effects of snoring can become much worse for the person who is being awakened constantly than the person that is actually snores. Although the person who is snoring is awakened by the fact that the flow of oxygen supply stops, from reaching the brain, alerting the person by waking often. The sleeping partner is easily be rattled by incomplete amount of sleep throughout the night, leading to sleep deprivation and ill health.

It is not a wonder that snoring causes marriage problems when you actually add up issues of each person's life literally being affected on a daily basis. People tend to push aside the daily issues without making the correct correlations between partner's [snoring](#) and their misery. The one who snores will also be having daily issues of being off key, and they also may not be thinking that their snoring is the direct culprit to blame. But with more studies than ever before being done on snoring and the true effects, there now is no doubt of the domino effect that is set to happen in most every snoring scenario.

Snoring is an issue to be taken very seriously for more reasons than originally believed. There is no longer a way for snoring to be taken as a joke with instances of it taking a toll on marriages and directly related physical health issues that quickly arise. Snoring has now been proven to be related to heart disease, strokes, high blood pressure and sexual dysfunction in males. It is also associated with various stages of depression and other emotional dysfunctions.

There will be a lack of closeness between couples that are not directly trying to productively resolve snoring problems. This is also to be found for those sleeping in separate bedrooms due to the snoring and often results in low sexual relations as couples sleep in separate rooms. So take the snoring in your relationship very seriously for reasons apart from your own health and the happiness of your partner and marriage.

About the Author

Renee Moller writes articles on many health care and snoring related topics including <http://www.asonor.com>, <http://snore-treatment.blogspot.com>, and <http://snoring.typepad.com>

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