

If you or your partner struggles with snoring, a series of Snore Stop Laser treatments can significantly reduce your snoring symptoms... because everyone wants a good night's sleep

Snoring and Sleep Apnea

Snoring happens when you can't move air freely through your nose and mouth during sleep because the soft palate, tongue and throat relax and narrow. Fluttering of the soft palate tends to cause the snoring noise. Around 40% of men and 30% of women will snore from time to time.

Symptoms:

- Snoring noise disturbs the sleep of others
- Often an adverse impact on intimate relationships
- Snoring linked to sleep apnea, a serious health concern impacting daytime alertness and productivity

Causes:

- Anatomy of your mouth and sinuses
- Natural aging and declining collagen
- Being male
- Alcohol, sedatives and smoking
- Allergies or a cold with nasal congestion
- Sleep position, which can obstruct the airways; and
- Being overweight and/or with a thick neck can obstruct airways

Results with Snore Stop Laser

Results will differ depending upon the cause and severity of your snoring condition, but nearly all our patients experience a substantial reduction in their snoring symptoms.

We estimate that 80% of patients will experience a 75% reduction in snoring after the recommended 4 consecutive Snore Stop Laser treatments. Results should last a year or more.

How Snore Stop Laser Works?

Snore Stop Laser uses CO2 technology, which is the gold standard in skin tightening. The advantage of the CO2 laser (over other lasers), it that it produces more heat, which has been shown to trigger greater contraction of tissue. Importantly, the V2LR laser (exclusively used by Snore Stop Laser) offers the unique "D Pulse" specifically designed for rejuvenation and tightening of mucosal surfaces such as the soft palate.

Snore Stop Laser Treatments

- Mouth may be dried and laser is passed across the soft palate a couple times
- Momentary warm zapping but painless, no anaesthetic required
- Actual treatment lasts 5 minutes
- Immediately return to daily activities
- Snore Stop Laser naturally triggers the collagen regeneration processes, tightening and shortening the soft palate, addressing the "cause" of snoring
- Collagen remodelling continues for up to one year

Post Treatment Information

- Most patients feel nothing post treatment, but some mention a temporary rough or dry palate
- You may eat and drink as normal, perhaps avoid highly acidic products for 24 hours
- Snoring may increase for a few days post-treatment due to normal swelling of tissue
- Results are more noticeable after 2-3 treatments

Other Points

- No referral is required
- Aging, weight, health and social habits will influence future snoring
- Top-up treatments extend results