



# Snoring Test and Treatment in Kolkata

## Snoring Tests

The most common test is:

Polysomnography (Sleep Study): Conducted in a lab or at home, this test monitors brain activity, heart rate, oxygen levels, and breathing to check for obstructive sleep apnea (OSA).

## Can an ENT Diagnose Snoring?

Yes. ENTs assess structural issues like nasal blockages, enlarged tonsils, or throat obstructions that contribute to snoring or sleep apnea.

## Snoring Treatment – Treatment options include:

- Lifestyle Changes.
- Sleep on your side.
- Maintain a healthy weight.
- Avoid alcohol or sedatives before bed.

Treat allergies or nasal congestion.

- Quit smoking.
- Elevate the head of your bed.
- Ensure adequate sleep.

#### Medical Devices:

- Nasal strips.
- Oral appliances.
- CPAP machines (for OSA).

Surgery: For anatomical issues like a deviated septum or enlarged tonsils.