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Snoring and Sleep Apnea: The right one Snore tracker can be an innovative tool

In many German bedrooms they can be heard night after night: loud, annoying snoring noises, the possible partner, but also the snorer can keep you from sleeping yourself. From the age of 65, it is estimated wise affected 40 to 50 percent of the population. But in addition to the acoustic Another disturbing factor, snoring can also be dangerous: namely when the When snoring, the airways narrow to such an extent that breathing intermittently suspends (so-called sleep apnea). We spoke to the expert Prof. Ingo Fietze on snoring, dangerous breathing pauses and the innovative ones Possibilities that snoring tracking can offer for those affected.

text
Hanna sinncker

Prof. Fietze, lots of people snore in sleep, but except about the disturbing effects that it has can have, one often cares little Thoughts about it. snoring but can also be dangerous will. To what extent, and how many people people are affected?

It can be assumed that in every snored the second bedroom becomes, sometimes louder, sometimes quieter. snoring is inheritable and often the precursor to a nocturnal breathing disorder. The closer the throat area, the higher the Likelihood of snoring.

What can the person concerned or if necessary, determine the sleep doctor, whether having health risks associated with nightly snoring-walk?

The partner can Respiratory disorders (or possibly Breathing pauses) at night.

The louder the snoring, the more true-respiratory disorders are also more likely genes and also the cardiovascular risk. Not restful sleep with known people Snoring should be clarified. A Signs of this is increasing Daytime sleepiness.

In the age of smartwatches and Fitness trackers are also the topic Sleep tracking is on everyone's lips right now. What can sleep tracking do right now? for those affected by snoring, given at least with pauses in breathing?

That is what snore trackers should do can: recognize loud snoring and then also regular breaks between loud snoring noises. That Problem: There should only be one in the room snore and there should be few else Background noises occur.

Which values are in the sleep tracking ing at home especially important before

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especially if the values are the acting doctor should be discussed should? What role does he play here ODI?

If you look at the oxygen level at night tracks in the blood, then you can identify material waste. When the occur repeatedly and periodically, then they are counted and divided devotedly through the hours of sleep a sour substance desaturation index (ODI, oxygen desaturation index). Is this bigger 10 per hour or step deep waste on (often below 85 percent) then it should afterwards (after tracking) present to the sleep doctor. Since the Body position, good or bad sleep et cetera can play a role you can also track repeatedly!

Sleep tracking is a great thing but can a professional me- Do not replace medical care. But can it be a component of the form rapie?

The snoring tracking respectively Sleep apnea tracking is a good way to know where the journey in diagnostics and Therapy goes. The sleep tracking with Detection of sleep quality is less well suited. Only that is useful here Tracking the length of sleep, i.e. possible wise of a sleep deficit.

There are many different types of Sleep trackers: smartwatches, arm ribbons, rings ... What does a tracker bring it with you so that it can be rel Provides data and provides the user Lich helps?

No matter how good the tracker looks, sounds like or how expensive it is: The Sleep (quality) tracker is not yet suitable and not reliable. That Snoring and sleep apnea tracking is better and for the further treatment Doctor a good indication for the further Management, always in cooperation with the subjective complaints.

Circul: Rethinking sleep and snoring tracking

Dr. med. Hans Strubel spoke to us about his experiences with the new ring-shaped snore tracker

You have been using sleep and sleep for a while Snore tracker Circul. What made you to use the ring?

For about 30 years I have suffered from the so-called residual less leg syndrome and also take medication a. For a year I have known that I also have a mixed tes sleep apnea syndrome with central parts. I use the ring for nighttime desaturation and the effects of my medication

part. Snapshots alone would be a long-term sleep tracking is unlikely to be enough. The design supports this continuous measurement thanks to a non-irritating fit on the finger.

How do you estimate the price-performance ratio of the Circul Rings a?

Even if the CIRCUL ring with 300 € certainly not is cheap, I was looking for a device that especially the

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to draw.

[You can now use sleep tracking](#)

[Operate smartwatches and co. Why did you decided on the Circul-Ring and what are](#)

[Your experiences with it?](#)

I chose this ring because of the

Measures SpO2 continuously. Especially for me as

For medical professionals it is a value that I objectively and sensibly can evaluate. My experience with the CIRCUL

Ring have been consistently positive so far.

[How would you take advantage of sleep and sleep](#)

[Describe snoring tracking with Circul for yourself?](#)

Continuous measurement is probably the most important advantage

The right snoring tracker can be an innovative tool

Measures oxygen saturation precisely. I believe that Ring with high wearing comfort and a precise measurement sung can justify its price very well.

[Who do you think the ring is for?](#)

I think the ring is in the professional field of

Doctors could be used for sleep screenings

but of course also from interested patients who are im

Objective and comprehensible as part of their therapy

want to use real values in order to

to be able to accomplish.

www.mycircul.de