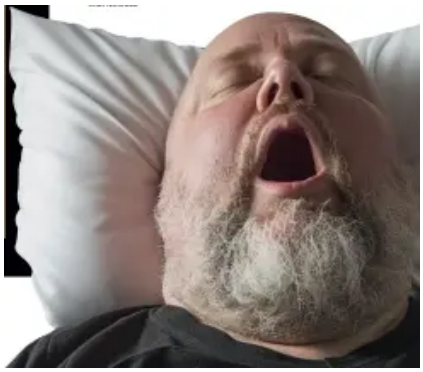
# Snoring may mean high blood pressure

## According to an Australian research team, regular snoring could be linked with overly high blood pressure.

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Being woken up by someone snoring is not just annoying, it could be evidence of severe illness in the snorer, according to a study conducted on 12,287 people by researchers from Flinders University in Australia.



They have demonstrated that snoring can be linked to elevated blood pressure, a condition that can lead to severe illness.

For a period of six months, their test subjects slept with measuring equipment under their mattresses, allowing the researchers to observe that 15% of participants snored for more than a fifth of the night. The participants also had equipment to measure their blood pressure at home during the test period.

“We observed that in those who snored regularly, the risk of having uncontrolled hypertension was almost double,” says Danny Eckert at the Adelaide Institute for Sleep Health, Flinders University.

According to the researchers, the results indicate that snoring may be linked to elevated blood pressure in some snorers. And this could be serious, because it increases the risk of heart attacks and other diseases. These can be further exacerbated because snoring can cause poor sleep, which can also increase the risk of elevated blood pressure.

The participants in the study were mainly overweight men, a group which can especially benefit from the results, according to the researchers.