Snoring has been previously demonstrated to have various detrimental clinical and interpersonal effects. It has been shown to reduce energy throughout the day, and increase daytime anxiety, risk of depression, stress, fatigue, and sleepiness and it reduces sleep quality for both snorers and their sleeping partners. Risk factors associated with snoring include body mass index (BMI), socio-economic status (SES), smoking and alcohol consumption frequency along with genetic correlations. Due to the detrimental effects of snoring, it is important to understand the effectiveness of surgical treatment for this condition to best aid patients and improve quality of life.

The purpose of this study is to evaluate for any change in snoring habits following common otolaryngologic procedures. The principal aim of this study is to employ a mobile telephone application, SnoreLab, that provides an objective measure of snore severity, or “Snore Score”, before and after patients have their surgeries. We hypothesize that patients’ “Snore Scores” will decrease following these procedures. A secondary aim of this study is to build on prior published data and show improvements in patients’ daytime sleepiness and sinonasal symptoms following surgical intervention.

Once the data collection has been completed - the time estimate for this is approximately December 2022 – January 2023 – we shall conduct the statistical analysis. It is important for us to collect enough patient samples, especially for the Snorelab application data in order to achieve results of interest. Although this is currently anecdotal, many patients thus far have self reported a reduction in snoring after surgery – and certainly none have reported an increase in snoring. Likewise, snore scores from the Snorelab application have backed up these claims. It is important for the final product, however, to rely on data and statistical analysis, not simply self-reporting in order to obtain significant results.

REFERENCES


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OBJECTIVES

METHODS

RESULTS AND FUTURE