Regular snoring could be bad for your heart, research suggests

June 19 2024

That loud snoring keeping you up at night could be more than a noisy annoyance—it could be an early warning sign of dangerous hypertension.

New research from Flinders University sleep experts found that people, particularly overweight middle-aged men, who regularly snore at night are more likely to have elevated blood pressure and uncontrolled hypertension.

The study, "Regular snoring is associated with uncontrolled hypertension" published in npj Digital Medicine, is the largest objective study and first to use multiple night home-based monitoring technologies over a prolonged period to explore the association between snoring and hypertension.

"For the first time, we can objectively say that there is a significant connection between regular nighttime snoring and high blood pressure," says lead author Dr. Bastien Lechat from Flinders Health and Medical Research Institute (FHMRI) and the College of Medicine and Public Health.

"We found that 15% of all participants in the study, who were primarily overweight men, snore for more than 20% of the night on average and that this regular nightly snoring is associated with elevated blood pressure and uncontrolled hypertension," says Dr. Lechat.

"These results emphasize the significance of considering snoring as a
factor in health care and treatment for sleep-related issues, especially in
the context of managing hypertension."

Snoring is a common occurrence, affecting a large percentage of the
population, and is often underestimated in terms of its negative health
implications. Snoring and sleep apnea often overlap, indicating shared
common causes.

"We observed that in those who snore regularly the risk of having
uncontrolled hypertension was almost double. This risk almost doubled
again in people who snored regularly and had sleep apnea versus those
who did not snore regularly," says Professor Danny Eckert, Director of
Sleep Health at Flinders University and senior author of the paper.

Snoring alone may also serve as an early warning sign of high blood
pressure, as poor sleep quality due to snoring may worsen the risk of
hypertension.

Hypertension is the medical term for high blood pressure over a long
period of time. It can lead to serious health problems such as heart
failure, stroke, heart disease or kidney disease.

The study used sleep tracker data collected by an under-mattress sensor
to detect snoring and sleep apnea, along with an FDA-registered at home
blood pressure monitor in more than 12,000 participants globally over a
nine-month period.

"This is the largest study to date investigating the potential relationships
between snoring, sleep apnea and hypertension using objective
assessments in people's homes, and it reveals important insights into the
potential consequences of snoring on hypertension risk," says Dr.
Lechat.
"It also highlights the need to consider snoring as part of clinical care and management of sleep problems, particularly in the context of hypertension management.

"The findings of this study pave the way to further investigate whether therapeutic interventions directed toward snoring can reduce [hypertension](#) and reduce the risks associated with it," he adds.

If you experience snoring along with signs of inadequate sleep, excessive sleepiness or observed breathing issues during sleep, it's advisable to have a conversation with your doctor or a specialist who may recommend a sleep study.

**More information:** Bastien Lechat et al, Regular snoring is associated with uncontrolled hypertension, *npj Digital Medicine* (2024). [DOI: 10.1038/s41746-024-01026-7](https://doi.org/10.1038/s41746-024-01026-7)

Provided by Flinders University


This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.