



Dr Ng Teck Siang (PJK MD, MS ORL-HNS)
Consultant ENT & Head Surgeon/ Consultant Rhinologist

- Senior Consultant Ear, Nose, Throat (ENT) surgeon who subspecialises in Rhinology from Ministry of Health Malaysia
- He obtained a fellowship in head and neck, endoscopic base of skull surgery with The James Cancer Institute, Ohio in the United States of America.
- He has served as a doctor for more than 23 years.
- With 18 years' experience in public hospitals, he has earned his stellar reputation as a surgeon in handling multiple and wide ENT, head, and neck diseases.
- He joined KPJ Damansara Specialist Hospital in 2019.

Ways to Reduce Snoring

A sleep disorder is a condition that disrupts a person's normal sleeping patterns. There are various types of sleep disorders, each with distinct symptoms and effects on overall health.

Common Types of Sleep Disorder

Insomnia: Insomnia involves difficulty falling asleep or staying asleep or waking up too early and not being able to get back to sleep. It can be caused by stress, anxiety, depression, or certain medications.

Sleep Apnea: This is a condition where a person's breathing stops and starts repeatedly during sleep.

Restless Legs Syndrome (RLS): People with RLS have uncomfortable sensations in their legs, often described as crawling, creeping, or itching, which make them feel the need to move their legs. This usually happens when trying to relax or sleep.

Narcolepsy: Narcolepsy is a neurological disorder that affects the brain's ability to regulate sleep-wake cycles. People with narcolepsy may experience excessive daytime sleepiness, sudden episodes of muscle weakness (cataplexy), and vivid dream-like hallucinations when falling asleep or waking up.

Which Doctor to See for Sleep Disorders

Ear, Nose, and Throat (ENT) Specialist

Consult an ENT specialist if you have obstructive sleep apnea (OSA), chronic nasal congestion, or sinusitis. They address structural airway issues that contribute to sleep problems.

Sleep Specialist: Visit a sleep specialist for sleep studies (polysomnography) to gather more detailed information about your sleep patterns.

Psychiatrist or Psychologist: See a psychiatrist or psychologist if mental health issues like stress, anxiety, or depression contribute to your insomnia. They provide therapy and medication to address these issues.

Neurologist: Consult a neurologist for Restless Legs Syndrome (RLS) and other neurological sleep disorders. They diagnose and treat conditions affecting the nervous system that disrupt sleep.

Ways to Reduce Snoring

There are many ways to help reduce snoring. Sleeping on one's side can prevent airway collapse and reduce snoring. Maintaining a healthy lifestyle can also effectively improve snoring, such as maintaining a healthy weight, avoiding alcohol and sedatives, and developing good sleep habits. Individuals can also reduce snoring through tongue and oropharynx exercises to strengthen the muscles in the mouth and throat. Practice these exercises 80 times daily.



- **Exercise 1:** Push the tip of the tongue against the roof of the mouth and slide the tongue backward.
- **Exercise 2:** Suck the tongue upward against the roof of the mouth and press the entire tongue against the roof of the mouth.
- **Exercise 3:** Force the back of the tongue against the floor of the mouth while keeping the tip of the tongue in contact with the bottom front teeth.
- **Exercise 4:** Elevate the soft palate (the back of the roof of the mouth) and the uvula (the fleshy protrusion that hangs from the soft palate) while making the vowel sound "Ah."

However, if you try these steps and don't see any improvement in your snoring, it's best to seek out a medical professional. Medical interventions such as Continuous Positive Airway Pressure (CPAP) therapy or surgery can help alleviate snoring.