

SNORING: THE SILENT SABOTEUR OF MEN'S HEALTH AND PERFORMANCE



Snoring isn't just a nighttime nuisance or a running joke between couples. For many men, it's a warning sign, one that can quietly undermine health, fitness, recovery, and performance long before the cause is recognised.

At the more serious end of the spectrum lies **obstructive sleep apnoea (OSA)**, a condition where breathing repeatedly stops and starts during sleep. Men are significantly more likely to develop OSA, particularly those carrying extra weight, with thicker necks, or who train hard without prioritising recovery. If you're chasing strength, endurance, fat loss, or improved performance, untreated sleep-disordered breathing can act like an invisible handbrake, limiting results despite consistent effort.

Deep sleep is where the real gains happen. It's when testosterone is released, muscle tissue repairs, stress hormones regulate, and the nervous system resets. But when breathing is repeatedly interrupted, sleep becomes fragmented. Cortisol levels can rise, testosterone can dip, and recovery slows. The result? Stubborn plateaus, reduced energy, slower muscle growth, and difficulty shifting body fat, even when your training and nutrition appear dialled in.

Cardiovascular health can also suffer. OSA has established links to high blood pressure, irregular heart rhythms, heart disease, and stroke. Many men who describe themselves as "fit but tired" may be overlooking the role that disrupted sleep and reduced oxygen intake are playing in their overall health. Daytime brain fog, low motivation, poor concentration, and waking unrefreshed despite seven or eight hours in bed are not just signs of stress or ageing, they are common symptoms of sleep-disordered breathing.

This is where **Dr Chris Papoutsis** makes a difference. One of the UK's few dental professionals with a **Postgraduate Certificate in Dental Sleep Medicine**, she takes an evidence-based, personalised approach to diagnosis and treatment. By combining medical sleep testing with custom-made oral appliances, such as mandibular advancement devices that gently reposition the jaw to keep the airway open, she helps patients achieve quieter nights and truly restorative sleep.

Because real fitness isn't just about how hard you train, it's about how well you recover. You can't out-train poor sleep or oxygen deprivation.



Take snoring seriously. Better sleep means stronger performance, sharper focus, and a healthier future. Visit drchrispapoutsis.com or scan the QR code to learn more and book your consultation.