

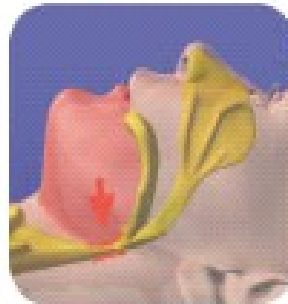
Normal and Obstructed Sleep Patterns

Normal



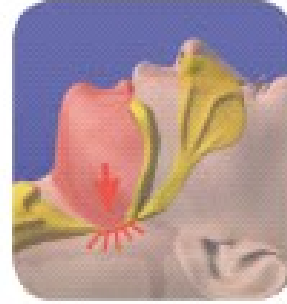
During normal sleep, the muscles that control the tongue and soft palate hold the airway open.

Snoring



When these muscles relax, the airway narrows. This can lead to snoring and breathing difficulties.

OSA



If the muscles relax too much, the airway can collapse and become blocked, obstructing breathing.