

WHO ELSE SUFFERS FROM SLEEP DISORDERS BREATHING - THE PROBLEM OF SNORING FROM A PERSPECTIVE OF THE BED PARTNER.

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It is an undeniable matter that bed partners of snorers are harmed because of their sleep disorders breathing. The aim of the work is to present the problem from the position of an observer (usually a bed partner) of a snoring person. The study involved 399 people: 169 women and 130 men. The average age of women was 52 years, men - 53. Everybody filled out a questionnaire, asking who is presenting breathing disorders, which kind of symptoms they have, whether it bothers the observer, how he deals with it. Various configurations of the response were possible, all variants were evaluated and compared between the sexes. In several questions, men's responses differed significantly from those of women: 66% of women suggested to their partners a medical consultation and only 20% had no idea who should be (kind of specialization), while only 30% of men sent their partners to the doctor and as many as 50% did not know what specialist should give them help