

Snoring

DNA Health Report

REPORT CATEGORY —



Sample Client

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

5 / 5

Recommendations that are considered effective and generally recommended by experts and medical bodies.

4 / 5

Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.

3 / 5

Recommendations that are considered possibly effective and have many studies supporting them

2 / 5

Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.

1 / 5

Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.

0 / 5

No evidence in humans.

Genotype-specific Evidence

High-quality

Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).

Medium-quality

Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).

Low-quality

Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).

Indirect

A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).

In theory

A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

It's a quiet and peaceful night. Then, out of the darkness, a slow rumbling creeps up. The horrendous sound grows louder and louder until....! It's not a horror movie, it's the horror of snoring.

Snoring is noisy or disruptive breathing while you sleep. It happens when air doesn't flow freely through the mouth, nose, and throat. Forced air causes vibrations in the soft tissues of the mouth, which we hear as "snores." The more restricted the air flow, the louder the snore [\[R\]](#), [\[R\]](#).

A number of genetic factors may predispose you to snoring. However, the following factors can also play a role [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Colds or allergies that cause nasal congestion
- Extra tissue and fat in the neck and throat from excess weight
- Sleeping on your back
- Drinking alcohol before bed
- Structural differences in the mouth, nose, or throat

Snoring is fairly common. Nearly half of all adults snore, with about 25% doing so regularly. Snoring is more common in men than women and can worsen with age [\[R\]](#), [\[R\]](#).

Snoring once in a while usually isn't a serious problem. However, regular snoring can disrupt your sleep. It may also be a symptom of a more serious health condition such as sleep apnea (interrupted breathing during sleep). Talk to your doctor if you have the following symptoms [\[R\]](#):

- Daytime sleepiness
- Sudden awakenings with gasping or choking
- Waking up with a dry mouth or sore throat
- Morning headache
- Concentration and mood problems

In some cases, your doctor may suggest medical devices or surgery to help reduce disruptive snoring. However, these options aren't needed in many cases [\[R\]](#).

Things You Can Do If You Snore

PERSONALIZED TO GENES

Based on the genes we looked at, you may be more likely to snore. However, your lifestyle and environment may also influence your likelihood.

Although you can do many things to prevent mild snoring, be sure to see your doctor if you snore frequently. Controlling snoring and getting 7-9 hours of sleep can help improve your overall health [\[R\]](#), [\[R\]](#), [\[R\]](#).

Snoring is a common issue of disrupted breathing during sleep due to restricted airways. A variety of factors can influence susceptibility to snoring, including your genetics. While snoring once in a while usually isn’t a serious problem, regular snoring can disrupt your sleep. It may also be a symptom of a more serious health condition such as sleep apnea [\[R\]](#).

Snoring may often be improved with a few lifestyle changes, such as [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Treating any ongoing nasal congestion
- Losing weight, if you’re overweight
- Quitting smoking
- Sleeping on your side
- Elevating your head with an extra pillow
- Doing vocal exercises that increase muscle tone in the throat
- Going to sleep at the same time every night
- Not eating or drinking alcohol near bedtime

Having a partner who snores is a common reason for sleep loss in non-snorers. Chronic sleep loss can have negative impacts on your health. It can also lead to feelings of resentment in the relationship. If you have a partner who snores, work with them to find a good solution. If lifestyle changes don’t help, encourage them to talk to their doctor [\[R\]](#), [\[R\]](#), [\[R\]](#).

Improving snoring can help benefit your overall health. It



MORE LIKELY

More likely to snore based on 1,021,845 genetic variants we looked at

84th

PERCENTILE



Your risk is greater than 84% of the population and lower than 16% of the population.

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
TSHZ3	rs8108822	CC
MSRB3	rs10878269	TT
LGR4	rs2049045	GG
FOXO1	rs12429765	AA
/	rs145367119	CC
GATA3	rs725861	AG
ANAPC4	rs34811474	GA
BCL11B	rs2664299	TC
XKR9	rs13251292	AG
SIM1	rs17060460	GA
PITX1	rs4976269	GA
GRM5	rs11018488	AT
SRR	rs8069947	TC
CEP120	rs34732995	DEL()C
KDSR	rs4987719	CC
PTBP2	rs12119849	GG
GPD2	rs61597598	GG
PLEKHM1	rs57222984	AA
POC5	rs2307111	CC
KHDC1L	rs947612	AA
/	rs80093081	GG

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

may also improve sleep quality for you and your bed partner [\[R\]](#), [\[R\]](#), [\[R\]](#).

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE	
1	Airflow Devices	2	Airway Muscle Training30 minutes
3	Avoid Sleeping on Your Back	4	Nasal Dilators
5	Myofunctional Therapy	6	Play Wind Instruments15 minutes
7	Mandibular Advancement Devices (MADs)	8	Continuous Positive Airway Pressure (CPAP)
9	Singing20 minutes	10	Bed Head Elevation

1



Airflow Devices

IMPACT

4 / 5

EVIDENCE

5 / 5

How to implement

Use an airflow device, such as a continuous positive airway pressure (CPAP) machine, every night during sleep. Ensure the device is properly fitted and calibrated according to the instructions provided by a healthcare professional. Regular maintenance, including cleaning and replacing filters as recommended by the manufacturer, is essential for effectiveness.

Description

Airflow devices help keep the airway open while you sleep. They include Positive Airway Pressure (PAP) machines and oral devices (mouthpieces).

Airflow devices help keep the airway open while you sleep. They include [\[R\]](#):

- **Positive Airway Pressure (PAP) machines:** a mask worn over the nose and/or mouth that blows air into your airway
- **Oral devices:** a mouthpiece that prevents the throat from being blocked by the tongue or jaw

A doctor can help you determine if an airflow device is right for you.

How it helps

Oral devices that advance the position of the jaw, tongue, and soft palate may improve snoring in people with and without sleep apnea. **Experts recommend the use of oral devices supervised by a dental specialist to optimize their fit, check for changes in jaw morphology, and assess oral health** [\[R\]](#), [\[R\]](#), [\[R\]](#).

Positive Airway Pressure (PAP) devices are the primary treatment for snoring due to sleep apnea. In those with the condition, they may [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Decrease the number of sleep apnea episodes
- Improve sleep quality
- Reduce daytime sleepiness
- Lower blood pressure

PAP devices may also reduce the number of snoring episodes per hour in people without sleep apnea [\[R\]](#).

Continuous PAP (CPAP) machines are the most common option. However, some may find them uncomfortable or difficult to use. Work with your doctor to ensure that machine settings and mask fit are the best for you. Even with adjustments, some may still dislike using CPAP machines regularly. Doctors may suggest alternative options, such as oral devices [\[R\]](#), [\[R\]](#).

2



Airway Muscle Training

IMPACT

3 / 5

EVIDENCE

4 / 5

How to implement

Perform airway muscle training exercises daily for at least 30 minutes. This can involve using specific devices designed to resist airflow in and out, thereby strengthening the respiratory muscles, or practicing breathing exercises that focus on inhaling and exhaling against resistance. Consistency is key, so aim to integrate this practice into your daily routine for ongoing respiratory health.

TYPICAL STARTING DOSE

30 minutes

Description

Airway muscle training is exercise that builds strength in the throat and tongue muscles. This can involve anything from controlled breathing to singing long notes. People use airway muscle training to improve sleep apnea, respiratory conditions, and exercise performance.

Airway muscle training is exercise that builds strength in the throat and tongue muscles. This can involve anything from controlled breathing to singing long notes. People use airway muscle training to improve [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Sleep apnea
- Respiratory conditions like COPD
- Exercise performance

How it helps

Airway muscle training may help decrease the snoring in people with and without sleep apnea. Helpful forms include [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- **Myofunctional therapy** (a combination of mouth and throat exercises)
- Playing wind instruments
- Singing

Airway training may help by improving the strength and function of mouth and throat muscles. This helps keep the airways open during sleep [\[R\]](#).

3



Avoid Sleeping on Your Back

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Start by choosing a sleep position on your side or stomach rather than your back. Consider using a body or side pillow to maintain the position throughout the night. Try to make this a consistent habit every night to get accustomed to the new sleeping position.

Description

For individuals prone to snoring or sleep apnea, avoiding sleeping on the back can improve nighttime breathing and reduce the risk of sleep disturbances. Sleeping in positions that maintain open airways supports better sleep quality and overall restfulness.

Some people tend to sleep on their back, but this position may make it harder to breathe properly. Methods that prevent people from sleeping on their back (positional therapy) may help with sleep apnea [\[R, R\]](#).

Some tips to keep you from sleeping on your back include [\[R, R, R, R\]](#):

- Using a device that vibrates or makes a noise when you roll onto your back
- Wearing a vest with bumpers on the back
- Using pillows that physically block you from rolling onto your back
- Attaching a tennis ball to the back of your shirt

How it helps

In comparison to sleeping on your side, sleeping on your back may increase the number of snoring episodes. This is because it may cause the tongue and soft tissue at the back of the mouth to droop and block the airway [\[R, R, R\]](#).

Sleeping on the side may help reduce snoring, especially in people without sleep apnea [\[R, R, R, R, R\]](#).

4



Nasal Dilators

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Insert a nasal dilator into each nostril before bedtime or before engaging in physical activity. Use daily for continuous relief from nasal congestion or during activities that require enhanced air flow, such as exercise.

Description

Nasal dilators are devices designed to widen nasal passages, enhancing airflow during sleep and reducing the symptoms of snoring and sleep apnea, which can contribute to better sleep quality and overall restfulness.

Nasal dilators are devices that facilitate breathing during sleep by keeping the nose passages open. There are two types of nasal dilators [\[R\]](#):

- Nasal strips: adhesive strips applied externally on the nose bridge across the nostrils
- Internal dilators: devices placed inside the nostrils

People wear nasal dilators to improve snoring.

How it helps

Nasal dilators may improve snoring in people without sleep apnea. Those worn inside the nose may be more effective than nasal strips [\[R\]](#).

However, nasal dilators may be ineffective in people with sleep apnea [\[R\]](#).

5



Myofunctional Therapy

IMPACT2 / 5

EVIDENCE3 / 5

How to implement

Myofunctional therapy involves performing specific exercises that target the muscles of the mouth and face to improve their function. These exercises should be performed for a few minutes daily, typically under the guidance of a trained myofunctional therapist. The therapy usually lasts for about 6 to 12 months, depending on individual needs and progress.

Description

Myofunctional therapy is a form of orofacial therapy that aims to improve muscle function and coordination in the mouth and throat. It is often used to address issues like speech problems, swallowing difficulties, and sleep apnea.

How it helps

Myofunctional therapy focused on respiratory muscles, especially in the upper respiratory tract (for 5-16 weeks) may improve snoring intensity and frequency. People who underwent myofunctional therapy experienced a 51% reduction in snoring intensity and a 31% reduction in the time spent snoring during sleep [\[R, R, R, R, R, R\]](#).

6



Play Wind Instruments

IMPACT2 / 5

EVIDENCE3 / 5

How to implement

Begin playing a wind instrument, such as a flute, clarinet, or saxophone, for at least 15 minutes daily. Gradually increase your practice time to 30 minutes per day over several weeks. Aim to incorporate this practice into your daily routine for at least three months to observe potential benefits.

TYPICAL STARTING DOSE

15 minutes

Description

Playing wind instruments can have various benefits on your body. These instruments help improve lung capacity, since they require control over breath. They can also improve posture and cognitive functions. Overall, these activities provide unique physical and mental health benefits.

How it helps

Playing wind instruments may help reduce the risk and severity of apnea, which is associated with snoring [\[R, R\]](#).

Playing double-reed wind instruments like the didgeridoo has been associated with a lower risk of developing obstructive sleep apnea, especially among musicians who spend more hours playing these instruments. This suggests that the respiratory muscle training involved may enhance upper airway muscle tone and function, which may help mitigate conditions like snoring and OSA [\[R, R\]](#).

Playing wind instruments may help by strengthening the upper airway muscles, which helps keep them open during sleep [\[R, R\]](#).

However, not all studies found this benefit for wind instruments [\[R\]](#).

7



Mandibular Advancement Devices (MADs)

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Wear a mandibular advancement device (MAD) during sleep every night. Start by having a dentist or sleep specialist customize the device to fit your mouth accurately. It may take a few weeks to adjust to the sensation of the device, but consistent nightly use is crucial for effectiveness in treating conditions like sleep apnea.

Description

Mandibular advancement devices (MADs) are dental appliances used to treat snoring and sleep apnea by repositioning the lower jaw to improve airflow during sleep. They can help individuals with these conditions achieve better sleep quality and reduce nighttime breathing disturbances.

How it helps

Studies have shown that MADs may reduce snoring in people. These devices work by advancing the mandible, which enlarges the upper airway and reduces the amount of snoring. In controlled trials, people wearing MADs experienced a substantial reduction in snoring frequency and intensity [\[R\]](#).

A study assessed the effectiveness of a thermoplastic MAD in managing non-apnoeic snoring. The study found that when the MAD was in the advanced position, it reduced snores per hour from 398 to 17. Sleeping partners also reported improvements in their own daytime tiredness and sleep disturbance [\[R\]](#).

8



Continuous Positive Airway Pressure (CPAP)

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Use the CPAP machine every night while sleeping, making sure the mask fits comfortably but securely over your nose, mouth, or both, depending on the mask type. The machine should be turned on before you go to sleep and only turned off upon waking. Continuous use throughout the night, every night, is essential for the therapy to be effective in treating conditions such as sleep apnea.

Description

CPAP therapy is a treatment for obstructive sleep apnea that involves using a machine to deliver a continuous stream of air pressure to keep the airway open during sleep. It helps individuals with sleep apnea breathe more easily during the night, improving sleep quality and reducing the risk of associated health problems.

How it helps

CPAP therapy may reduce the mean number of snores per night in habitual snorers, from over a thousand to just a few. It also reduces episodes of apnea, hypopnea, and nocturnal oxygen desaturation, demonstrating its effectiveness not just for snoring but also for the more severe symptoms of OSA [\[R\]](#).

For non apneic heavy snorers, nasal CPAP was also explored and showed benefits in reducing snoring. However, the acceptance and long-term use among this group were limited, highlighting the need for motivation and proper management in CPAP therapy [\[R\]](#).

9



Singing

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Dedicate at least 20 minutes to singing daily, choosing songs that you enjoy and that allow for a range of vocal expressions. This practice can be done alone, with a group, or during a dedicated singing class, with consistency being key for potential health benefits.

TYPICAL STARTING DOSE

20 minutes

Description

Singing is a form of expression where you use your voice to create music. It also exercises your lungs and heart by providing a kind of workout for your respiratory system. By doing so, it improves your cardiovascular performance and overall health, reducing stress and boosting your mood.

How it helps

A meta-analysis of 6 studies (with 1 study evaluating singing) concluded that singing reduces the risk and severity of snoring. In a non-placebo-controlled trial of 20 chronic snorers, singing 20 min/day for 3 months reduced snoring, especially in subjects who performed the exercises accurately and consistently and who were not overweight [\[R, R\]](#).

10



Bed Head Elevation

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Elevate the head of your bed by 6 to 8 inches using blocks or wedges under the bedposts or a foam wedge under the mattress. Maintain this setup continuously every night during sleep to mitigate symptoms related to GERD or acid reflux.

Description

Elevating the head of the bed or using pillows to raise the upper body while sleeping can alleviate symptoms of acid reflux or gastroesophageal reflux disease (GERD). It helps prevent stomach acid from flowing back into the esophagus, promoting better sleep and reducing discomfort.

How it helps

Changing the head position may reduce snoring. This effect was confirmed both subjectively by bed partners and objectively by polysomnography, suggesting that elevating the head may decrease snoring without deteriorating other respiratory parameters [\[R, R\]](#).

Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.