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[Physiopathology of mouth breathing. Snoring and apnea]

[Article in French]

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Oral breathing causes changes in pulmonary mechanics as well as in the pressure of arterial blood gases. In response to increased nasal obstruction oro-nasal breathing occurs. The level of oro-nasal partitioning maintains an adequate level of respiratory resistance. Sleep disordered breathing, although not only related to oral breathing, is a common disorder. When upper airway resistance is increased limitation of flow occurs. Snoring indicates a mild degree of reduced airflow. Sleep apnea occurs when upstream pressure falls below a critical pressure (P_{crit}). The mechanisms are reviewed.

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