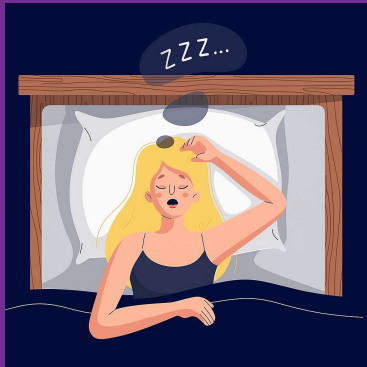


„New vision for primary health care and sustainable development“

Idiopathic Snoring in a Healthy Adult: A Case Report

Girard Aurore, MD
CML - CAMG, UCLouvain, Belgium



➤ Snoring can occur without classical risk factors.

➤ Clinicians should be aware of idiopathic snoring as a rare but possible diagnosis.

➤ Future directions: research on neuromuscular or soft tissue mechanisms.

Introduction

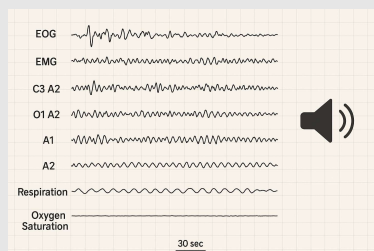
Snoring is commonly associated with upper airway obstruction during sleep and is often linked to identifiable risk factors such as obesity, nasal obstruction, alcohol intake, smoking, or anatomical abnormalities (e.g., enlarged tonsils, retrognathia).

Its occurrence in individuals without these predisposing factors is rare.

Case Report

We report the case of a 40-year-old woman with a normal body mass index (BMI 22.3), non-smoker, and without a history of alcohol use, allergic rhinitis, or upper airway surgery, who presented with recent-onset snoring of three months' duration.

There was no apnea on heteroanamnesis.



The image above shows an illustration of polysomnography results.

- Physical examination: unremarkable
- History: no psychological or environmental changes, no family history of sleep-disordered breathing
- Polysomnography: no obstructive sleep apnea (AHI <5), no positional snoring pattern
- Investigations: laboratory tests and craniofacial imaging excluded systemic or structural anomalies

A treatment by corticosteroids was proposed with incomplete result.

Discussion

This case illustrates a rare presentation of idiopathic snoring in an otherwise healthy adult. It challenges the current understanding that snoring is almost always secondary to modifiable or anatomical causes.

In the absence of common risk factors, clinicians should consider idiopathic snoring as a potential diagnosis, though rare.

Further research may help elucidate subtle neuromuscular or soft tissue changes not detectable through routine evaluation.

