



**CALIFORNIA STATE SCIENCE FAIR
2005 PROJECT SUMMARY**

Name(s) Michelle Lovato; Aundraya Martinez	Project Number J1420
Project Title Will a Nasal Dialator Help Prevent Snoring?	
<p style="text-align: center;">Abstract</p> <p>Objectives/Goals The objective of this study was to investigate if using a nasal dialator would help prevent snoring.</p> <p>Methods/Materials</p> <p>Materials:</p> <ul style="list-style-type: none">10 Human Subjects10 Nasal Dialators2 Video Cameras1 Pulse Oximeter <p>Methods:</p> <ul style="list-style-type: none">1) Survey 20 people2) From the results of the survey, pick 10 people that meet the test criteria (Heavy Blockage and a lot of snoring)3) Record the human subjects# oxygen level awake using an oximeter without a nasal dialator4) Record the human subjects# oxygen level awake using an oximeter with a nasal dialator5) Using a video camera, tape the human subjects# oxygen level while sleeping without a nasal dialator6) Using a video camera, tape the human subjects# oxygen level while sleeping with a nasal dialator <p>Results After completing this sleep study, we have determined that using a nasal dialator allows you to have a more restful sleep. The main objective was to find out if using a nasal dialator prevented snoring, and we found out that it extremely reduced snoring, and tossing and turning. By using the nasal dialator the human subjects# snoring was reduced by an average of about 5 hours. The nasal dialator reduced the tosses and turns by an average of about 11.</p> <p>Conclusions/Discussion We have concluded that a nasal dialator reduces snoring, as stated in our hypothesis, which also attains to our objective. This project will expand the knowledge of sleeping by advising the society of a device that will prevent snoring and allow a better night#s sleep. By doing this project, we are going to educate the public about a new, more reliable device that helps prevent snoring.</p>	
Summary Statement The focus of our project was to see if using a nasal dialator while sleeping would help prevent snoring.	
Help Received Uncle provided supervision and equipment for this project.	