

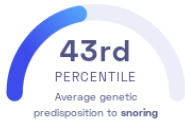


Snoring is often associated with a sleep disorder called obstructive sleep apnea.

STUDY SUMMARY

Identification of 42 genetic regions associated with snoring.

YOUR RESULT



STUDY DESCRIPTION

Snoring may disrupt your or your partner's sleep. It is incredibly common and affects more men (35-45%) than women (15-28%). Moreover, snoring may be a sign of a more serious condition known as obstructive *sleep apnea*, which is characterized by pauses in breathing due to blocked upper airways which decreases the amount of oxygen in the blood. This study utilized genomes of ~400,000 individuals of European ancestry from the UK Biobank to understand the genetic basis of snoring. The researchers discovered 42 genetic regions associated with snoring, which explain ~10% of the heritability of snoring. The study also linked snoring to body mass index, smoking, and alcohol consumption.

DID YOU KNOW?

Partners of snorers who sleep in the same bed wake up an average of 21 times per hour, which can have a detrimental effect on their health. Snorers are advised to seek out a sleep specialist to develop a treatment plan.

YOUR DETAILED RESULTS

To calculate your genetic predisposition to snoring we summed up the effects of genetic variants that were linked to snoring in the [study that this report is based on](#). These variants can be found in the table below. The variants highlighted in green have **positive effect sizes** and increase your genetic predisposition to snoring. The variants highlighted in blue have **negative effect sizes** and decrease your genetic predisposition to snoring. Variants that are not highlighted are not found in your genome and do not affect your genetic predisposition to snoring. By adding up the effect sizes of the highlighted variants we **calculated your polygenic score for snoring to be -0.07**. To determine whether your score is high or low, we compared it to the scores of 5,000 other Nebula Genomics users. We found that your polygenic score for snoring is in the **43rd percentile**. This means that it is higher than the polygenic scores 43% of people. We consider this to be an **average genetic predisposition to snoring**. However, please note that genetic predispositions do not account for important non-genetic factors like lifestyle. Furthermore, the genetics of most traits has not been fully understood yet and many associations between traits and genetic variants remain unknown. For additional explanations, click on the column titles in the table below and visit our [Nebula Library tutorial](#).

VARIANT [Ⓞ]	YOUR GENOTYPE [Ⓞ]	EFFECT SIZE [Ⓞ]	VARIANT FREQUENCY [Ⓞ]	SIGNIFICANCE [Ⓞ]
rs592333_A	G / G	-0.01 (-)	44%	1.00 x 10 ⁻¹⁷
rs10878269_C	C / C	-0.01 (↓)	35%	2.30 x 10 ⁻¹⁶
rs61597598_G	G / G	-0.01 (↓)	12%	5.10 x 10 ⁻¹⁶
rs2307111_T	T / C	0.01 (↑)	40%	4.80 x 10 ⁻¹³
rs2664299_T	T / T	0.01 (↑)	41%	1.10 x 10 ⁻¹²
rs13251292_A	A / G	-0.01 (↓)	41%	4.30 x 10 ⁻¹²
rs57222984_A	G / G	-0.01 (-)	27%	5.40 x 10 ⁻¹²
rs725861_A	A / A	-0.01 (↓)	19%	1.00 x 10 ⁻¹¹
rs12119849_G	G / G	-0.01 (↓)	8%	4.10 x 10 ⁻¹¹
rs796856741_G	/	-0.01 (-)	44%	4.70 x 10 ⁻¹¹
rs12429765_A	A / G	0.01 (↑)	49%	6.20 x 10 ⁻¹¹
rs34811474_G	G / A	0.01 (↑)	22%	1.30 x 10 ⁻¹⁰
rs7829639_A	A / A	-0.01 (↓)	30%	1.40 x 10 ⁻¹⁰
rs180107_A	A / T	-0.01 (↓)	37%	2.10 x 10 ⁻¹⁰
rs8069947_C	C / T	0.01 (↑)	49%	2.80 x 10 ⁻¹⁰
rs11018488_A	T / T	0.01 (-)	36%	5.30 x 10 ⁻¹⁰
rs8108822_C	C / C	0.01 (↑)	10%	6.20 x 10 ⁻¹⁰
rs4976269_G	G / G	0.01 (↑)	34%	8.60 x 10 ⁻¹⁰
rs2049045_G	G / G	0.01 (↑)	19%	8.80 x 10 ⁻¹⁰
rs9900496_T	T / C	-0.01 (↓)	32%	1.80 x 10 ⁻⁹
rs17151229_G	G / C	-0.01 (↓)	35%	1.90 x 10 ⁻⁹
rs6054427_G	G / A	-0.01 (↓)	38%	4.00 x 10 ⁻⁹
rs145367119_C	C / C	0.01 (↑)	43%	1.20 x 10 ⁻⁸
rs17060460_A	A / A	-0.01 (↓)	23%	1.40 x 10 ⁻⁸
rs227727_A	A / T	-0.01 (↓)	45%	1.40 x 10 ⁻⁸
rs947612_G	G / A	0.01 (↑)	23%	1.50 x 10 ⁻⁸
rs80093081_T	G / G	0.01 (-)	29%	1.80 x 10 ⁻⁸
rs2207944_T	T / C	-0.01 (↓)	46%	2.00 x 10 ⁻⁸
rs6099273_C	C / C	-0.01 (↓)	23%	2.60 x 10 ⁻⁸
rs4987719_C	NA	-0.02 (-)	3%	3.50 x 10 ⁻⁸
rs4744369_T	T / A	-0.01 (↓)	40%	4.00 x 10 ⁻⁸
rs9583546_G	G / C	-0.01 (↓)	37%	4.00 x 10 ⁻⁸