

ABSTRACT OF THE DISCLOSURE

The present invention relates to a layered soft palate support and an implantation method for treating sleep apnea/hypopnea syndrome or snoring. The layered soft palate support is a flat implant made of a material capable of being implanted into a human body for a long term, and includes a hard palate connecting end and a support. The support is a layered structure formed by stacking two or more layers of supporting plates and capable of being inserted into a soft palate, and is removably or irremovably fixed to the hard palate connecting end. The hard palate connecting end has a connecting structure connected with a hard palate, and is fixed to the hard palate through the connecting structure. The support is implanted into a muscular layer of the soft palate, and is inserted into the soft palate by a length equal to $1/5$ to $4/5$ of its total length.