

## Chapter 1 : How to Stop Snoring: Tips to Help You and Your Partner Sleep Better

*"Many stop-snoring aids are marketed without scientific studies to support their claims," says Chokroverty, who is also a neuroscience professor at Seton Hall University's School of Health and.*

A CPAP machine delivers just enough air pressure through a mask to keep your upper airway passages open, preventing snoring and apnea. To treat your snoring, your doctor likely will first recommend lifestyle changes, such as: Losing weight Avoiding alcohol close to bedtime Treating nasal congestion Avoiding sleeping on your back For snoring accompanied by OSA, your doctor may suggest: Oral appliances are form-fitting dental mouthpieces that help advance the position of your jaw, tongue and soft palate to keep your air passage open. Dental visits may be necessary at least once every six months during the first year, and then at least annually after that, to have the fit checked and to assess your oral health. Excessive salivation, dry mouth, jaw pain and facial discomfort are possible side effects from wearing these devices. Continuous positive airway pressure CPAP. This approach involves wearing a mask over your nose or mouth while you sleep. The mask directs pressurized air from a small bedside pump to your airway to keep it open during sleep. Although CPAP is the most reliable and effective method of treating OSA, some people find it uncomfortable or have trouble adjusting to the noise or feel of the machine. There are a number of procedures that seek to open the upper airway and prevent significant narrowing during sleep through a variety of techniques. Another procedure called maxillomandibular advancement MMA involves moving the upper and lower jaws forward, which helps open the airway. Radiofrequency tissue ablation employs a low-intensity radiofrequency signal to shrink tissue in the soft palate, tongue or nose. A newer surgical technique called hypoglossal nerve stimulation employs a stimulus applied to the nerve that controls forward movement of the tongue so the tongue does not block the airway when you take a breath. The effectiveness of these surgeries varies and the response can be challenging to predict. Lifestyle and home remedies To prevent or quiet snoring, try these tips: People who are overweight may have extra tissues in the throat that contribute to snoring. Losing weight can help reduce snoring. Sleep on your side. Lying on your back allows your tongue to fall backward into your throat, narrowing your airway and partially obstructing airflow. Try sleeping on your side. If you find that you always end up on your back in the middle of the night, try sewing a tennis ball in the back of your pajama top. Raise the head of your bed. Raising the head of your bed by about 4 inches may help. Nasal strips or an external nasal dilator. Adhesive strips applied to the bridge of the nose help many people increase the area of their nasal passage, enhancing their breathing. A nasal dilator is a stiffened adhesive strip applied externally across the nostrils that may help decrease airflow resistance so you breathe easier. Treat nasal congestion or obstruction. Having allergies or a deviated septum can limit airflow through your nose. This forces you to breathe through your mouth, increasing the likelihood of snoring. Ask your doctor about a prescription steroid spray if you have chronic congestion. To correct a structural defect in your airway, such as a deviated septum, you may need surgery. Limit or avoid alcohol and sedatives. Avoid drinking alcoholic beverages at least two hours before bedtime, and let your doctor know about your snoring before taking sedatives. Sedatives and alcohol depress your central nervous system, causing excessive relaxation of muscles, including the tissues in your throat. Smoking cessation may reduce snoring, in addition to having numerous other health benefits. Adults should aim for at least seven hours of sleep per night. The recommended hours of sleep for children vary by age. Preschool-aged children should get 10 to 13 hours a day. School-age children need nine to 12 hours a day, and teens should have eight to 10 hours a day. Alternative medicine Because snoring is such a common problem, there are numerous products available, such as nasal sprays or homeopathic therapies. In the meantime, ear plugs or background noise, such as a white noise machine or a fan near the bed, may help mask snoring noise so you get more sleep. However, you may then be referred to a doctor who specializes in treating sleep disorders. Or, better yet, ask your sleep partner to go with you to your appointment so that he or she can talk with your doctor about your symptoms. Write down questions to ask your doctor. Your time with your doctor may be limited, so preparing a list of questions can help you make the most of your time together. For snoring, some basic questions to ask your doctor include: What makes me snore when I sleep? Is my

snoring a sign of something more serious, such as OSA? What kinds of tests do I need? What happens during a sleep test? What treatments are available for snoring, and which do you recommend? What types of side effects can I expect from treatment? Are there any steps I can take on my own that will help my snoring? I have other health conditions. How can I best manage these conditions together? Are there any brochures or other printed material that I can take home with me? What websites do you recommend visiting? What to expect from your doctor Your doctor is likely to ask you a number of questions. Being ready to answer them may reserve time to go over any points you want to spend more time on. Your doctor may ask: When did you first begin snoring? Do you snore every night or only once in a while? Do you often wake up during the night? Does anything you do seem to improve your snoring? What, if anything, appears to worsen your snoring? Does your snoring depend on specific positions of sleep? How loud is your snoring? Does it bother your bed partner? Can it be heard outside the bedroom? Does your bed partner ever tell you that you have pauses or irregularities in your breathing during sleep? Do you snort, choke or gasp yourself awake from sleep? What daytime symptoms are you experiencing, such as sleepiness? Try over-the-counter nasal strips. Sleep on your side, instead of your back. If nasal congestion is an issue, try an over-the-counter decongestant for a day or two.

### Chapter 2 : 3 Ways to Stop Snoring - wikiHow

*Working together to stop snoring can even be an opportunity to improve the quality of your bond and become more deeply connected. Communicating with a partner who snores So, you love everything about your partner except their snoring.*

Unfortunately, many of these devices are not backed up by research, or they work by simply keeping you awake at night. There are, however, plenty of proven techniques that can help eliminate snoring. Not every remedy is right for every person, though, so putting a stop to your snoring may require patience, lifestyle changes, and a willingness to experiment with different solutions. Bedtime remedies to help you stop snoring

Change your sleeping position. Elevating your head four inches may ease breathing and encourage your tongue and jaw to move forward. There are specifically designed pillows available to help prevent snoring by making sure your neck muscles are not crimped. Sleep on your side instead of your back. Try attaching a tennis ball to the back of a pajama top or T-shirt you can sew a sock to the back of your top then put a tennis ball inside. If you roll over onto your back, the discomfort of the tennis ball will cause you to turn back onto your side. Alternatively, wedge a pillow stuffed with tennis balls behind your back. After a while, sleeping on your side will become a habit and you can dispense with the tennis balls. Try an anti-snoring mouth appliance. While a dentist-made appliance can be expensive, cheaper do-it-yourself kits are also available. If you have a stuffy nose, rinse sinuses with saline before bed. Using a neti pot, nasal decongestant, or nasal strips can also help you breathe more easily while sleeping. If you have allergies, reduce dust mites and pet dander in your bedroom or use an allergy medication. Keep bedroom air moist. Dry air can irritate membranes in the nose and throat, so if swollen nasal tissues are the problem, a humidifier may help. Lifestyle changes to help you stop snoring

Lose weight. Losing even a little bit of weight can reduce fatty tissue in the back of the throat and decrease, or even stop, snoring. If you smoke, your chances of snoring are high. Smoking irritates the membranes in the nose and throat which can block the airways and cause snoring. While quitting is easier said than done, it can bring quick snoring relief. Avoid alcohol, sleeping pills, and sedatives because they relax the muscles in the throat and interfere with breathing. Be careful what you eat before bed. Research shows that eating large meals or consuming certain foods such as dairy or soymilk right before bedtime can make snoring worse. There are also specific exercises you can do to strengthen the muscles in your throat. Six anti-snoring throat exercises

Studies show that by pronouncing certain vowel sounds and curling the tongue in specific ways, muscles in the upper respiratory tract are strengthened and therefore reduce snoring. The following exercises can help Repeat each vowel a-e-i-o-u out loud for three minutes a few times a day. Place the tip of your tongue behind your top front teeth. Slide your tongue backwards for three minutes a day. Close your mouth and purse your lips. Hold for 30 seconds. With your mouth open, move your jaw to the right and hold for 30 seconds. Repeat on the left side. With your mouth open, contract the muscle at the back of your throat repeatedly for 30 seconds. Look in the mirror to see the uvula "the hanging ball" move up and down. For a more fun exercise, simply spend time singing. Singing can increase muscle control in the throat and soft palate, reducing snoring caused by lax muscles. There are medical options that could make all the difference. New advances in the treatment of snoring are being made all the time and devices are becoming more effective and comfortable. Talk to your primary physician or to an otolaryngologist ear, nose, and throat doctor or ENT. Medical cures for snoring Your physician or otolaryngologist may recommend a medical device or surgical procedure such as: To keep your airway open during sleep, a machine at your bedside blows pressurized air into a mask that you wear over your nose or face. Laser-assisted uvulopalatoplasty LAUP uses a laser to shorten the uvula the hanging soft tissue at the back of the throat and to make small cuts in the soft palate either side. As the cuts heal, the surrounding tissues stiffen to prevent the vibrations that trigger snoring. Palatal implants or the Pillar procedure involves inserting small plastic implants into the soft palate which help prevent collapse of the soft palate that can cause snoring. Somnoplasty uses low levels of radiofrequency heat to remove tissues of the uvula and soft palate that vibrate during snoring. The procedure is performed under local anesthesia and takes about 30 minutes. Custom-fitted dental devices and lower jaw-positioners help open

your airway by bringing your lower jaw or your tongue forward during sleep. For best results, you will need to see a dentist who specializes in these devices. Surgical procedures such as Uvulopalatopharyngoplasty UPPP , Thermal Ablation Palatoplasty TAP , tonsillectomy, and adenoidectomy, increase the size of your airway by surgically removing tissues or correcting abnormalities. Snoring and your relationship No matter how much you love each other, snoring can put a strain on your relationship. When snoring is a problem, relationship tension can grow in the following ways: Sleeping in separate rooms. While this may be a solution for some couples, it can also take a toll on emotional and physical intimacy. Irritability due to sleep loss. Poor sleep takes a toll on mood, thinking skills, judgment, and your ability to manage stress and conflict. This can explain why communication often breaks down when you and your partner try talking about the problem. When a non-snorer feels he or she has done everything possible to sleep through the night ear plugs, sound machines, etc. Working as a team to find a snoring cure can prevent future fights. If you value your relationship, make it your priority to find a snoring cure so you can both sleep soundly. Working together to stop snoring can even be an opportunity to improve the quality of your bond and become more deeply connected. Communicating with a partner who snores So, you love everything about your partnerâ€ except their snoring. Even the most patient amongst us will draw the line at sleep deprivation. You want to attack the snoring problemâ€ not your sleep partner. Remember that your partner likely feels vulnerable, defensive, and even a little embarrassed about their snoring. Time your talk carefully. Sure, sleep deprivation is aggravating and can be damaging to your health, but try your best to approach the problem in a non-confrontational way. Improving Communication Skills Beware of bitterness. Laughing about it can ease tension. Keep the following in mind as you and your partner work together to find a solution to your snoring: Snoring is a physical issue. Like a pulled muscle or a common cold, improving the condition is in your hands. Avoid taking it personally. Your partner loves you, just not the snoring. Take your partner seriously. Lack of sleep is a health hazard and can make your partner feel miserable all day. Make it clear that you prioritize the relationship.

### Chapter 3 : Snoring - Symptoms and causes - Mayo Clinic

*Takeaways on How to Stop Snoring A good night of sleep is not impossible, but you do have to take the time to figure out what the problem is. If you have a partner, work together to solve the problem.*

The first place to start is to find out if anything that makes your snoring better or worse. Whether you sleep alone or with someone else, you might consider a smartphone applications snoring apps to measure how bad your snoring is. It can be helpful to monitor any changes in your snoring as you make some of the changes listed below. Try not to sleep on your back. Some people toss and turn all night long, but snoring is often worse when you are sleeping on your back. You can use pillows like a bulky body pillow to prevent you from rolling onto your back. Some people prefer wearing a T-shirt at night with a pocket sewn on the middle of the back to hold two tennis balls and make it physically uncomfortable to sleep on your back. There are also some new wearable devices that attempt to use vibration delivered only when someone is sleeping on their back , although the one for NightBalance is not available in the US , but I often tell people to start with the simpler approaches. Weight gain can be a major factor in snoring. Weight loss is always easier said than done, but it really can make a tremendous difference. Since safe weight loss takes time, I will often have patients combine it with other steps that can improve their snoring more quickly. When judging how much weight you need to lose, it is important to know that you may not need to get back to your ideal body weight, as even smaller amounts of weight loss can clear up snoring. Breathing through your nose. Many people will snore when they breathe through their mouth while asleep. Converting to breathing through the nose can just require breaking the habit of mouth breathing, but often people cannot make the change because they cannot breathe easily through their nose. If someone has allergies or even if they do not , they can also try a nasal corticosteroid spray that is now available over-the-counter. If those do not work, it may be worth seeing a physician such as an otolaryngologist to determine why someone cannot breathe easily through their nose, as there are many good treatments available, depending on the cause. Getting enough hours of sleep. People snore when they sleep but not while awake because when we sleep, the muscles in our body relax. This muscle relaxation allows the muscles, especially the soft palate back of the roof of the mouth , to vibrate and produce the sounds of snoring. Deep sleep has more muscle relaxation than light sleep, making deep sleep a time of worsening in snoring. While we all need deep sleep to feel well-rested, not getting enough hours of sleep pushes our body to want more deep sleep than we might have otherwise. The result is that the snoring can be much worse. The general health recommendations are for people to get Snoring can be a sign of a more-serious condition called obstructive sleep apnea Although most patients with obstructive sleep apnea also snore, the difference is that sleep apnea involves blockage of breathing in night. It may be associated with health problems like high blood pressure or with disruption of sleep, leading to sleepiness and fatigue. The standard approach for patients with loud snoring that wakes up others, especially if there are other signs of sleep apnea, is to get a sleep study that can determine if a patient has obstructive sleep apnea. I will often try some of the conservative steps in this article before ordering a sleep study, but if the snoring or other concerns do not clear up completely, it is important to check with a sleep specialist or other medical provider. Things to Avoid Because They Worsen Snoring Smoking irritates the insides of the nose and throat, and this can worsen snoring in a couple of ways. The most obvious is that swelling inside the nose can cause trouble breathing through the nose. Smoking causes so many health problems, but snoring is one that should improve just a few weeks after you quit smoking. Alcohol within hours of going to bed. Alcohol causes muscles in your body to relax, and it can worsen your snoring and also disrupt your sleep. Alcohol in moderation is not harmful, so most people do not need to avoid alcohol completely. For people who snore, my general recommendation is to finish drinking at least 3 hours before going to bed so that alcohol has a chance to clear out of your system. Many sleeping pills, including those that can be purchased over-the-counter, have a similar effect as alcohol. It is always best to avoid them, if possible. Pillows that prop up your head too much to tilt it forward. A pillow that is very large or multiple pillows can tilt your head forward. This can worsen snoring. A soft pillow for your head is usually a good idea, but too much of a good thing can create problems. Dehydration thickens the mucus in your throat

and can lead to more snoring. While you do not want to drink too much because that can force you to wake up to go to the bathroom, you also want to avoid drinking too little. You will also want to avoid liquids that actually worsen dehydration, such as alcohol or caffeinated drinks. Snoring is the sound of airway resistance and turbulence that is caused by the flow of air through a relatively narrow passageway in the upper airway. Almost half of the adult population snores. As we get older, we are more like to snore. Why do people snore? By itself, snoring is mostly an annoyance to the bed partner. However, snoring may be a sign of more significant sleep disorders. When we go to sleep the muscles in the back of the throat relax. These are the muscles that keep the airway patent. The smaller that the diameter of the airway becomes, the more resistance there is with airflow. This resistance causes noise which is what we call snoring. Find out from a snoring app. Snoring Mouth Picture So, how to stop snoring? Well, first it depends on what is causing the snoring. There are several potential causes of snoring, as well as factors that can make snoring worse. As mentioned, age is a variable. With advancing age comes an increased likelihood of snoring. Weight is also a powerful variable. The more you weigh, the more you snore. Drinking alcohol generally makes snoring more frequent and louder. Same with sleeping in the supine position on your back. So what can you do to stop snoring?: Try to sleep on your side Treatments to Stop Snoring.

### Chapter 4 : How to Stop Snoring - 11 Remedies that Work! - Dr. Axe

*How to stop snoring and sleep better. If you're concerned you may have sleep apnea, don't just rely on your partner to diagnose you, as non-experts may not notice when others stop breathing.*

Why is this happening? Approximately 1 in 2 people snore. A number of factors can contribute to snoring. The physiological cause is vibrations in your airway. The relaxed tissues in your upper respiratory tract vibrate when you breathe, producing the characteristic snoring sound. The source of your snoring may result from: If you snore occasionally, you may not need an intervention. More frequent or chronic snoring may be a sign of a serious health condition, such as sleep apnea. If left untreated, this could lead to sleep deprivation, heart disease, and hypertension. Depending on your needs, over-the-counter OTC medications, medical devices, and even lifestyle changes may help relieve your symptoms. Be sure to talk with your doctor about your concerns. They can go over your options and help you figure out the best next steps. You may be able to reduce or prevent future snoring if you: Try an OTC medication Intranasal decongestants, such as oxymetazoline Zicam , and intranasal steroid sprays, such as fluticasone Cutivate , can help alleviate snoring. This is especially true if your snoring is caused by a cold or allergies. Avoid alcohol Alcohol relaxes the muscles in your throat, which may contribute to snoring. Try skipping alcohol consumption altogether, especially in the hours before you go to sleep. Sleep on your side Sleeping on your back may cause you to snore. When relaxed, your tongue can fall back into your throat and cause your airway to become smaller, leading to snoring. Sleeping on your side can help prevent your tongue from blocking your airway. Removable mouthpieces can be fitted to your mouth to keep your jaw, tongue, and soft palate in place to prevent snoring. Lose weight Being overweight has been linked to snoring. Implementing a healthy diet and getting frequent exercise may help you shed pounds and reduce your snoring. In addition to reduced snoring, maintaining a healthy weight can help control hypertension, improve lipid profiles, and decrease your risk of diabetes. It also helps keep your airway open. In order for the apparatus to work, you need to wear an oxygen mask while sleeping. This may take some time to get used to, but it can help clear your symptoms right away. Explore surgical options There are also several surgical options that may help you stop snoring. Some involve modifying the airway. This can be done by inserting filament into your soft palate, trimming the excess tissue in your throat, or shrinking the tissue in your soft palate. Talk to your doctor to see if surgical interventions are right for you.

### Chapter 5 : Snoring Aids | Best Anti Snoring Device- SnoreDoc

*How to Stop Snoring - Other Cures and Remedies that Work* What is snoring? Snoring is the sound of airway resistance and turbulence that is caused by the flow of air through a relatively narrow passageway in the upper airway.

Snoring Snoring occurs when air flows past relaxed tissues, such as your tongue, soft palate and airway, as you breathe. The sagging tissues narrow your airway, causing these tissues to vibrate. Snoring can be caused by a number of factors, such as the anatomy of your mouth and sinuses, alcohol consumption, allergies, a cold, and your weight. When you doze off and progress from a light sleep to a deep sleep, the muscles in the roof of your mouth soft palate, tongue and throat relax. The tissues in your throat can relax enough that they partially block your airway and vibrate. The more narrowed your airway, the more forceful the airflow becomes. This increases tissue vibration, which causes your snoring to grow louder. The following conditions can affect the airway and cause snoring: Having a low, thick soft palate can narrow your airway. People who are overweight may have extra tissues in the back of their throats that may narrow their airways. Likewise, if the triangular piece of tissue hanging from the soft palate uvula is elongated, airflow can be obstructed and vibration increased. Snoring can also be brought on by consuming too much alcohol before bedtime. Alcohol relaxes throat muscles and decreases your natural defenses against airway obstruction. Chronic nasal congestion or a crooked partition between your nostrils deviated nasal septum may contribute to your snoring. Not getting enough sleep can lead to further throat relaxation. Risk factors Risk factors that may contribute to snoring include: Men are more likely to snore or have sleep apnea than are women. People who are overweight or obese are more likely to snore or have obstructive sleep apnea. Having a narrow airway. Some people may have a long soft palate, or large tonsils or adenoids, which can narrow the airway and cause snoring. Alcohol relaxes your throat muscles, increasing the risk of snoring. If you have a structural defect in your airway, such as a deviated septum, or your nose is chronically congested, your risk of snoring is greater. Having a family history of snoring or obstructive sleep apnea. Heredity is a potential risk factor for OSA. Complications Habitual snoring may be more than just a nuisance. Daytime sleepiness Difficulty concentrating A greater risk of high blood pressure, heart conditions and stroke An increased risk of behavior problems, such as aggression or learning problems, in children with OSA An increased risk of motor vehicle accidents due to lack of sleep.

### Chapter 6 : Consent Form | Popular Science

*Top How to Stop Snoring Related Articles Adenoids and Tonsils Tonsillitis is a contagious infection with symptoms of bad breath, snoring, congestion, headache, hoarseness, laryngitis, and coughing up blood.*

Snoring happens when relaxed structures in the throat vibrate and start making noise. It is often considered a sleep disorder and heavy snoring can have serious medical and social consequences. So, if you have the habit of snoring, you need to take necessary steps to combat the problem. Remember that everyone needs their rest and with snoring your nights simply cannot be as restful and peaceful. Here are the top 10 home remedies for snoring.

**Peppermint** The anti-inflammatory property in peppermint helps reduce swelling of the membranes in the lining of the throat and nostrils, thus promoting easy and smooth breathing. Peppermint remedies work well for temporary snoring due to an allergy, a cold or dry air. Add one or two drops of peppermint oil to a glass of water. Gargle with it before going to bed. Make sure not to swallow this solution. Do this daily until you get the desired result. If dry air and congestion are causing your snoring, add a few drops of peppermint oil you can also use eucalyptus oil to a humidifier about 30 minutes before you go to bed and turn it on. Run the humidifier overnight. You can also rub a little peppermint oil into the lower portions of each side of your nose before going to bed.

**Olive Oil** Being a strong anti-inflammatory agent, olive oil eases the tissues all along the respiratory passages, reducing the swelling to provide a clear passage for air. It can also reduce soreness. Use this remedy regularly to also lessen the vibrations in the throat and stop snoring. Combine one-half teaspoon each of olive oil and honey. Consume it daily before going to bed.

**Steam Nasal congestion** is one of the main reasons behind snoring. One of the best solutions for reducing congestion is to inhale steam. Pour hot boiling water in a large bowl. Add three or four drops of eucalyptus essential oil or tea tree essential oil. Hold a towel over your head and inhale the steam deeply through your nose for 10 minutes. Follow this remedy daily before going to bed until your congestion clears.

**Clarified Butter** Clarified butter, also known as ghee, has certain medicinal properties that can help open up blocked nasal passages. This in turn will help you snore less and sleep better. Slightly warm a small amount of clarified butter in a microwave. Use a dropper to put two or three drops of lukewarm clarified butter in each nostril. Do this daily before going to bed and again after waking up the next morning.

**Cardamom** Cardamom is an expectorant and decongestant, making it effective for opening up blocked nasal passages. Free air passage will result in less snoring. Add one-half teaspoon of cardamom powder to a glass of warm water. Drink it 30 minutes before going to bed. Do this daily to gradually reduce your snoring.

**Turmeric** Being a powerful antiseptic and antibiotic agent, turmeric can treat inflammation and help reduce heavy snoring. Turmeric should be used with milk to treat snoring. The following drink will help you breathe freely while you sleep and also boost your immune system. Add two teaspoons of turmeric powder to a glass of warm milk. Drink it 30 minutes before going to sleep.

**Nettle** If you only snore at a particular time of the year, it maybe due to some kind of seasonal allergy causing the nasal passages to get inflamed. This type of temporary snoring can be treated with nettle that has anti-inflammatory as well as antihistamine properties. Add one tablespoon of dried nettle leaves to one cup of boiling water. Allow it to steep for five minutes, and then strain it. Drink the warm tea just before bedtime. Drinking two to three cups of nettle leaf tea daily during the allergy season can prevent snoring.

**Garlic** Garlic helps reduce mucus build-up in the nasal passages as well as inflammation in the respiratory system. So, if you snore due to sinus blockage, garlic can give you relief. Chew on one to two raw garlic cloves and then drink a glass of water. Do this daily, preferably before bedtime to enjoy sound sleep and reduce snoring. Also use garlic while cooking your dinner and eat your food while it is hot.

**Honey** Another option for snorers is honey. Due to its anti-inflammatory properties, honey can reduce the swelling around the throat area that can obstruct airways. Plus, honey lubricates the throat, which prevents the snoring vibrations from occurring. Mix one tablespoon of honey in a glass of warm water and drink it before bedtime. Alternatively, you can use honey to sweeten herbal tea that you like to drink after your dinner.

**Chamomile** Chamomile has well-known anti-inflammatory effects that can help stop snoring. It is also a nerve and muscle relaxant that can ease tense muscles and nerves around the throat and help you sleep better. Add one

tablespoon of chamomile flowers or one chamomile tea bag to one cup of water. Boil it for about 15 minutes. Strain it and add one teaspoon of honey. Drink the warm tea before going to bed. Some additional tips that can help stop snoring include: People who are overweight have extra tissues in the throat that contribute to snoring. Sleep on your side rather than your back. When you sleep on your back, your tongue and soft palate rest against the back of your throat, blocking the airway and resulting in snoring. Raise the head of your bed by about four inches or use extra pillows to prevent the tissues in your throat from falling into your air passages. Use nasal strips to help you breathe easily as you sleep. Avoid drinking alcoholic beverages at least two hours before bedtime. Alcohol can depress your central nervous system, causing snoring. Try singing before going to bed. Singing helps improve muscle control of the soft palate and upper throat. Quit or cut down on smoking as it can irritate the lining of the nasal cavity and throat, causing swelling and ultimately snoring.

### Chapter 7 : 9 Tips to Stop Snoring | HowStuffWorks

*If lifestyle strategies don't help you stop snoring, see your doctor, a sleep specialist, or an otolaryngologist, who may recommend an overnight sleep test to see whether you have OSA.*

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### Chapter 8 : How to Stop Snoring – American Sleep Association

*Snoring can be caused by a variety of things like diseases, alcohol, medications, and structural abnormalities, and mouth breathing. One type of snoring, sleep apnea, can be dangerous. Solutions to snoring depends upon the cause, but may include OTC sleep aids, medications, CPAP, and behavioral changes.*

Axe content is medically reviewed or fact checked to ensure factually accurate information. With strict editorial sourcing guidelines, we only link to academic research institutions, reputable media sites and, when research is available, medically peer-reviewed studies. Note that the numbers in parentheses 1, 2, etc. The information in our articles is NOT intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. Our team includes licensed nutritionists and dietitians, certified health education specialists, as well as certified strength and conditioning specialists, personal trainers and corrective exercise specialists. Our team aims to be not only thorough with its research, but also objective and unbiased. [How to Stop Snoring – 11 Remedies that Work!](#) September 28, Dr. Axe on Facebook [Dr. Axe on Twitter](#) [61 Dr. Axe on Instagram](#) [Dr. Axe on Google Plus](#) [Dr. Axe on Youtube](#) [Dr. Axe on Pintrest](#) [Share on Email](#) [Print Article](#) Have you ever been frustrated at your partner for keeping you up all night with loud snoring? Better yet, have you ever woken yourself up with your own snoring and wondering how to stop snoring? Despite what you may think about yourself, everyone snores occasionally. Normal snoring usually does not affect the quality of sleep as much as sleep apnea. If you suffer from extreme fatigue, sleepiness and exhaustion during the day, your problem may be more than just snoring, and you should get it checked out by a doctor. As mentioned, snoring can cause insomnia, a big problem for many, with 48 percent of Americans reporting occasional insomnia and 22 percent reporting consistent insomnia. Once you do that, believe it or not, there are solutions to help eliminate snoring so everyone can get much-needed rest instead of being always tired. [How to Stop Snoring Naturally](#) What is snoring anyway? Snoring is due to the lack of freely moving air through the nose and throat during sleep. When this happens, the surrounding tissues vibrate, which produces the annoying snoring sound. Not only that, but the position of your tongue can also get in the way of smooth breathing. Snoring also occurs when the throat muscles are relaxed. During sleep, the tongue falls backward toward the throat, and the walls of the throat may vibrate, which causes those snoring sounds you long to get out of your bedroom. [Side Sleeping](#) If your snoring problem is minor, this just might do the trick. Using a body pillow could be useful in maintaining the position. Ultimately, this position can prevent the relaxed and untuned muscles in the the throat from blocking the breathing passageways. If you have a bed with a recline control, you can set the bed in an angled head-up position, which may open the nasal airway passages. [Spearmint and Fenugreek](#) Digestion plays a big role in our sleep patterns and can cause snoring. Fenugreek and spearmint are amazing herbs that can cure snoring from digestive issues, in particular caused by indigestion – an acid problem in the digestive system. These herbs can help rid your body of this acid and decrease your chances of snoring while you sleep. Fenugreek has been shown to fight sleep apnea and improve digestive issues that lead to snoring, while spearmint also relieves indigestion and acid reflux symptoms that can also contribute to snoring. [Vitamin C](#) The sinuses can obstruct the airways, causing the mouth to open and the uvula, the fleshy extension at the back of the soft palate that hangs above the throat, to vibrate and create the annoy of an all-night snore. Vitamin C may help prevent this because we know it helps promote a healthy immune system. That healthy immune system can clear the sinuses. [Eucalyptus and Peppermint](#) Eucalyptus has long been around to help with chest colds. There are a few ways that you can apply eucalyptus oil to provide a snore-free night of sleep. Putting eucalyptus leaves in a steam inhaler and breathing it through your mouth or nose can help clear your sinuses. Add five drops of eucalyptus and five drops peppermint essential oils to the bowl. Do this just before bed to help clear out your airways and reduce inflammation in your nasal passages that may be a contribute to the snoring problem. [Oral Appliance](#) You may want to talk to your dentist about getting a dental appliance that can help change the opening of your airway so your tongue has enough room, avoiding an obstruction when you sleep. The American Dental Association reports that devices worn only during sleep may be an effective treatment option and can help eliminate

snoring altogether. An oral appliance fits like a sports mouth guard or an orthodontic retainer. It supports the jaw in a forward position to help maintain an open upper airway. **Get Your Bodyweight Back to Normal** If you carrying around extra body weight, this excess weight, especially around the neck, can cause the throat to narrow when you lay down. This creates a higher incidence of snoring. Congestion can restrict the natural breathing pattern and cause the tissues to vibrate. A humidifier could help by eliminating the dry air and creating more comfort for the body, ultimately allowing for more natural breathing. You can even add essential oils to the humidifier. **Limit or Avoid Alcohol** Alcohol relaxes most people, and because snoring occurs when the throat and tongue is relaxed, alcohol can add to the problem due to the extreme relaxed state it may cause. **Try Regular Throat and Tongue Exercises** A stronger throat and tongue may help avoid over-relaxation of the throat area. Try putting your upper and lower molars gently together. Open your mouth, focusing on pressing your molars wide apart but not to the point of overstretching. Repeat this 10-15 times, and you will start to feel the back of your mouth opening up. This mucous adds to the blockage of the airways. When your stomach is full, it can push up against your diaphragm and affect your rhythmic breathing. Taking the time to determine this and why you snore can help you find the right solution and get a good night of rest consistently. To figure this puzzle out, ask your partner to help you keep a sleep diary to monitor your snoring. **Mouth Shut Snorer** If your mouth stays shut while you snore, it may indicate a problem with your tongue and nasal passageways. **Mouth Wide Open Snorer** If you snore with your mouth wide open, this could be an indication that the tissues in your throat are more likely to be causing you to snore. This can making snoring worse. Please have a visit with your doctor if your snoring is loud enough to keep your partner awake, you wake yourself up, everything you have tried does not seem to help or you snore in any sleeping position. You may need a more specified approach or more individualized details from a health care provider to determine how to stop snoring in this case. This extra fat can cause the airway to be more narrow and affect normal breathing by creating an obstruction in the oropharynx during sleep. In this case, snoring can be even more pronounced. This particular cause is notably higher in men than women because men tend to put on weight in their neck more than women. When you lay on your back, the fatty tissue adds pressure onto the airway, blocking it off. Maybe this is why rolling over can sometimes help. The good news is exercising, losing weight and treating obesity can be all it takes to end your snoring, and that will create better overall health too. Snoring and excessive weight can affect children as well. This is just one more reason why staying fit and healthy, as a lifestyle, is the way to go. A narrow throat, a cleft palate, enlarged adenoids and other physical attributes that contribute to snoring are often hereditary. **Nasal and Sinus Problems** Blocked airways or a stuffy nose make inhalation difficult and create a vacuum in the throat, leading to snoring. Keeping a clean house, free of dust, and a healthy body can help eliminate the snoring as well as the nasal and sinus problems. **Alcohol, Smoking and Medications** Alcohol intake, smoking and certain medications, such as tranquilizers and diazepam, can increase muscle relaxation, leading to more snoring. And, of course, smoking causes major problems with breathing in our lungs. This includes electronic cigarettes too. **Sleep Position Studies** revealed that sleep positioning plays an important role in snoring and obstructive sleep apnea syndrome. Subjects were given positioning therapy using a head positioning pillow to see if snoring sounds were reduced in a study published by Scientific Reports. In most patients, significant improvement was shown whether overweight or normal weight with the use of this pillow. In another study from Amsterdam, an average of 56 percent of patients with obstructive sleep apnea causing snoring was dependent upon supine and non-supine positions. In fact, these conditions have been on the rise in recent years. Possible shared characteristics include intermittent hypoxia, nerve reflex, inflammation and leptin. Other links include medication, nose diseases, smoking, obesity, and gastroesophageal reflux disease. **Takeaways on How to Stop Snoring** A good night of sleep is not impossible, but you do have to take the time to figure out what the problem is. If you have a partner, work together to solve the problem. Try some of these methods and, through a process of elimination, you may discover that the awesome, ever-so-desired eight hours of sleep is in your future, consistently.

### Chapter 9 : How to Stop Snoring | Top 10 Home Remedies

*Approximately 1 in 2 people snore. A number of factors can contribute to snoring. The physiological cause is vibrations in your airway. The relaxed tissues in your upper respiratory tract vibrate.*

Why do people snore? Up to half of all American adults snore. It happens when air flows through your throat when you breathe in your sleep. This causes the relaxed tissues in your throat to vibrate and cause harsh, irritating snoring sounds. Snoring may disrupt your sleep, or that of your partner. In fact, snoring may be a sign of a serious health condition, including: In other cases, snoring may be caused simply by sleeping on your back or drinking alcohol too close to bedtime. Cases of snoring caused by benign factors – like sleep position – can often be treated with simple home remedies. Here are 15 remedies commonly used to treat snoring and its various causes: Lose weight if you are overweight. This will help reduce the amount of tissue in the throat that might be causing your snoring. You can lose weight by reducing your overall caloric intake by eating smaller portions and more healthy foods. Make sure you get regular exercise daily. You may also consider seeing your doctor or a nutritionist for help. Sleep on your side. Sleeping on your back sometimes causes the tongue to move to the back of the throat, which partly blocks airflow through your throat. Sleeping on your side may be all you need to do to allow air to flow easily and reduce or stop your snoring. Raise up the head of your bed. Elevating the head of your bed by four inches may help reduce your snoring by keeping your airways open. Use nasal strips or an external nasal dilator. Stick-on nasal strips can be placed on the bridge of the nose to help increase the space in the nasal passage. This can make your breathing more effective and reduce or eliminate your snoring. This can decrease airflow resistance, making it easier to breathe. Allergies can reduce airflow through your nose, which forces you to breathe through your mouth. Talk to your doctor about what kind of over-the-counter or prescription allergy medications may improve your condition. Correct structural problems in your nose. Some people are born with or experience an injury that gives them a deviated septum. This is the misalignment of the wall that separates both sides of the nose, which restricts airflow. It may cause mouth breathing during sleep, causing snoring. It may be necessary to get surgery to correct this condition. Talk to your doctor. Limit or avoid alcohol before bed. Try not to consume alcohol for at least two hours leading up to your bedtime. Alcohol can relax the throat muscles, causing snoring. Avoid taking sedatives before bed. If you snore and take sedatives, talk to your doctor to see what your options are. Stopping sedative use before bed may ease your snoring. Smoking is an unhealthy habit that can worsen your snoring. Talk to your doctor about therapies – such as gum or patches – that can help you quit. Make sure you get the recommended seven to eight hours of sleep you need each night. Use an oral appliance. You need to see your dentist to get one of these devices made. Use a CPAP continuous positive airway pressure machine. If medically appropriate, wearing a pressurized air mask over your nose when you sleep can help keep your airway open. This treatment is often recommended to treat obstructive sleep apnea. This stiffens it to reduce snoring. This type of surgery tightens throat tissue in the hopes it will reduce snoring. Radiofrequency tissue ablation somnoplasty. This new treatment uses low-intensity radio waves to shrink the tissue on your soft palate to reduce snoring. Coping with snoring Snoring can disrupt your sleep and that of your partner. But besides being annoying, it may indicate a serious health condition. Seeing your doctor and trying one or more of the above treatment options can help you get your sleep under control. Medically reviewed by Elaine K.