



## **Stop Snoring!**

### ***Tips, Tricks & Remedies to Help You Stop Snoring***

**Your Free Snoring Report**

**<http://greatinformation.org> (your site)**

## **Snoring Basics**

Snoring is a loud, hoarse breathing sound that occurs during sleep. Snoring occurs when soft tissues in the back of the mouth and nose relax during sleep and vibrate whenever one inhales.

The soft palate is the archway in the back of the throat where the uvula hangs. It relaxes only during sleep, which explains in part, why individuals only snore while asleep. During waking hours people breath out both their nose and mouth, which generally prevents snoring. Approximately 50% of individuals have problems with snoring.

For individuals who are prone to snore, there are certain conditions that will exacerbate the problem. We'll name a few in this short report. To learn more, please visit: [www.snorenomore.com](http://www.snorenomore.com)

**1. Sleeping on your back: This position forces your tongue to the back of your mouth, where it vibrates the uvula or forces it to vibrate.**

2. Sleeping on extra large pillows: A pillow that is too large will force your head forward, which constricts your throat, causing you to snore.

**3. Consuming alcohol before bed: Because alcohol is a relaxant, it helps relax the soft palate, which leads to snoring.**

4. Taking Sedatives: Sleeping pills and some cold medications can irritate the throat and cause snoring.

### **Battle of the Bedroom: Men vs. Women**

Studies have found that men snore twice as much as women do. This is partly due to the fact that women have more estrogen than men. Estrogen stimulates breathing and reduces the action of snoring.

Other reasons for the discrepancy include the lifestyle differences of the sexes. Men tend to drink heavier, smoke more, eat too much, and sleep on their backs. All habits which make snoring worse. Men's tissues also tend to be bulkier in their tongues, necks and throats, which leads to snoring, because it lessens the space in the throat and neck.

## **Snoring Aids**

Below, we will discuss a few of the most popular snoring aids on the market. I'm sure you or someone you love has tried a few. If not, schedule a visit with your doctor and discuss the possibility of trying a few.

### **Nasal Dilators**

If it has been determined that your snoring is caused by having too narrow or congested nasal passages, you may want to consider a nasal dilator to curb your snoring. Nasal dilators increase the space in your nose, enabling you to breathe, so that you can breathe out of your nose, and not your mouth, which commonly leads to snoring. Nasal strips and nasal clips are common nasal dilators. You can find cheap ones on Ebay. [\*\*Click here to check out Ebay's assortment of nasal dilators \(affiliate link\)\*\*](#)

### **Corrective Breathing Devices**

Breathing through your mouth is what most sleep therapists believe causes snoring. Devices designed to correct this force you to breathe through your nose instead. The APSS (Associated Professional Sleep Society) determined that nasal breathing greatly reduces snoring. Corrective breathing devices

force you to breath through your nose and not your mouth. We talk more about available breathing devices at [www.snorenomore.com](http://www.snorenomore.com). **If you are interested, you can find more information there.**

## **When Snoring Can Be Dangerous**

Snoring may be symptomatic of a much more serious problem. Left untreated, snoring can cause cell damage, increased blood pressure, depression and even death. There are two major conditions to watch out for. They are Obstructive Sleep Apnea (OSA) or Upper Airway Resistance Syndrome (UARS). If you are concerned, please talk to your doctor and insist that he/she test you.

**OSA:** Individuals who suffer from OSA stop breathing during the night. It occurs when the soft tissues collapse, blocking the oral passageways, causing the individual to stop breathing. If this continues, oxygen levels in the blood supply drop, leading to cell damage and an increased likelihood of high blood pressure, depression, impotence and a host of other ailments.

**UARS:** UARS is similar to OSA, but without the drop in oxygen levels. It might affect your energy levels throughout the day, however, while frustrating, it is less serious than OSA

## **Sleepiness Test**

Snoring can be an annoyance you and your loved ones have learned to live with. But as we have learned above, it can be much more than an annoyance. It can lead to a lack of concentration, loss of energy and death. Many accidents, traffic and otherwise, occur when someone has not gotten enough sleep. A test can help you determine just how sleepy, or sleep deprived you really are.

This short test, known as the Epworth Sleepiness Test, will help you determine if you are suffering from sleep deprivation. A score of 9 or higher may be cause for a trip to the doctor. To take the test, please visit:

<http://stop-snoring.com/sleepinesstest>

## **Alternative Snoring Treatments**

Some individuals prefer to natural remedies whenever they can, for

whatever ails them. We list a couple of alternative snoring treatments below. Visit <http://snorenomore.com/alternative-snoring-treatments> for more. There is even a great book at ([clickbank affiliate link](#)), that you should look at for even more alternative treatments.

**Homemade Tea:** This tea is designed to act as a decongestant.

Combine- one cup of cinnamon tea

2 tsp of grated ginger

Honey and milk to taste

**Saline Rinse:** A warm saline rinse can help you clear out your nose. You can purchase ready-made packets of salt and sodium bicarbonate. Squirt the solution up your nose and it should give you a pretty good cleanse.

### **How Lifestyle Affects Snoring**

There are many lifestyle factors that affect the likelihood of snoring. We will discuss a few below. To view more, visit: <http://snorenomore.com>

1. **Not Getting Enough Rest:** You may not have considered this, but not getting enough rest can lead to snoring. When snorers don't get enough rest, they tend to slip faster and stay longer in their deeper sleeping cycle. This is the part of the cycle where snoring generally begins.

2. **Being Overweight:** Being overweight can also lead to snoring. Fat accumulates inside the throat and decreases the airflow in the throat, leading to snoring.

3. **Being a Smoker:** Smoking increases the likelihood of snoring for several reasons. Smoking irritates and narrows the airways and weakens the muscle tone in the throat.

## **Snoring Resources to Check Out**

1. Ebay:

<http://greatinformation.org/ebay>

2. The Stop Snoring Exercise Program:

<http://greatinformation.org/snoring-exercises>

3. Stop Snoring Secrets:

<http://greatinformation.org/snoring-secrets>

4. Stop Snoring in 7 Days:

<http://greatinformation.org/7days>

