

NON-MEDICAL SUGGESTIONS FOR SNORING

While a number of surgical treatments exist for snoring, here are some simple things which you can try if others are bothered by your snoring. Snoring may also be a symptom of obstructive sleep apnea (OSA) which should receive medical attention. Please let us know if you also note excessive daytime sleepiness, stop breathing when sleeping, or make choking or gasping noises

- 1. Weight Loss:** Although many slender people snore, this problem is often worse as one gains weight. An appropriate diet and exercise routine may improve this.



- 2. Sedating Medications:** These often produce deeper sleep, which is often accompanied by heavier snoring.



- 3. Alcoholic Beverages:** Avoid alcohol for four hours before bedtime because it causes sedation and heavier snoring.



- 4. Heavy Meals:** These should be avoided for three hours before bedtime.



- 5. Have Others Go To Sleep First:** If others are bothered by snoring, allow them to go to sleep first.



- 6. Ear Plugs:** Foam or putty-type ear plugs may help, and are available in most drug stores.



- 7. Sleep Patterns:** Establish regular sleep patterns to prevent becoming overly tired since excessive fatigue produces a deeper sleep and heavier snoring.



- 8. Sleep on Side:** Snoring is worst when sleeping on your back. Sleeping on your side may help.



- 9. Tennis Ball:** Sew a tennis ball into a pocket on the BACK of your pajamas. This encourages you to sleep on your side because lying on your back is uncomfortable, and you will be more likely to roll back onto your side.



- 10. Nasal Obstruction:** Treating nasal obstruction due to allergies or other problems will usually improve snoring.

