

Natural & Simple Ways to stop SNORING!

CHANGE SLEEP POSITION

Stop lying on your back; it allows the base of your tongue and soft palate to collapse to the back wall of your throat, causing a vibrating sound during sleep. Sleeping on your side may help prevent this.



CHANGE YOUR PILLOWS

Dust mites accumulate in pillows and can cause allergic reactions that can lead to snoring. Allowing pets to sleep on the bed causes you to breathe in animal dander, another common irritant. Put your pillows in the air fluff cycle once every couple weeks and replace them every six months .

LOSE WEIGHT

Weight loss may help if you've gained weight then started snoring and did not snore before. Weight gain around your neck squeezes the internal diameter of the throat, making it more likely to collapse during sleep, triggering snoring.



OPEN NASAL PASSAGES

If your nose is clogged or narrowed due to a cold or other blockage, the fast-moving air is more likely to produce snoring. A hot shower before you go to bed can help open nasal passages, nasal strips may also work to lift nasal passages and open them up.

