

7 Proven Tips To Reduce Or Stop Snoring

Snoring is a common sleep disorder, affecting 42% of men and 31% of women (National Sleep Foundation, The US 2002). Snoring can cause headaches, fatigue and reduced work performance. The effects of snoring can also annoy one's bed partner, whose sleep quality may also take a toll due to their mate's snoring.

Snoring can also cause serious social and medical consequences. The tips below may help you reduce or stop snoring and sleep more peacefully.

1. Lose Weight

Snoring is more common in obese or overweight individuals. Reducing your weight can reduce fat deposits in the throat area, thereby providing a more spacious airway and reducing snoring.

2. Avoid Alcohol & Tranquilizers

Alcohol and sleeping pills relax the muscles of your throat and jaw, increasing the likelihood of snoring as they limit your air passage way.

3. Stop Smoking

Smoking causes swelling of the tissues in the throat and damage your respiration system. This will cause obstructions to the airway.

4. Change Your Sleeping Position

Sleep on your side or on your stomach as snoring is less likely to occur in these positions.

5. Sleep On A Firm Pillow

A soft pillow encourages your throat muscles to relax and narrows your air passageway. Sleep on a firmer pillow and elevate your head.

6. Exercise

As we age, our body, including the throat, loses elasticity and muscle tone. During sleep, the jaw drops and the mouth opens, causing the back of the tongue block air flow. By exercising, you improve the muscle tone to reduce the blockage and snoring.

7. Chin-Up Strips

Use Chin-Up Strips to keep your mouth close during your sleep. This will reduce mouth breathing and eliminate snoring. FDA approved and internationally patented, Chin-Up Strips is a natural way to reduce & stop snoring safely and effectively.