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How To Cure Snoring

By Tyson J Stevenson

Snoring is a troublesome, annoying noise made by a person during sleep due to improper

breathing. Almost 30% of the population suffers from snoring. Snoring is more common in men than women, as men have narrower throats than women. It affects some children also. Snoring is of several types, mild snoring, severe snoring and sleep apnea. Snoring generally makes a loud and unpleasant and discomforting sound. Generally a person sleeping alone doesn't come to know that he/she is suffering from snoring. Snoring is vibrations of soft tissues in throat like uvula, soft palate, adenoids and tonsils. Sleep apnea is the severest form of snoring in which the person's breathing gets blocked, so the person wakes up frequently to breathe. However, the person doesn't remember waking up.

Snoring is not just a nuisance. It has lot of ramifications like a sleepless partner, unhappy marital life, hypertension, sleepiness during day, loss of productivity, high blood pressure, stroke, weaker immune system etc. the sleepiness during day is generally because either the person is awakened by his own snoring noise or the partner wakes up due to jostling by the partner. Most of the time the snorer is not aware of waking up. Studies indicate that snoring causes strain in relationship, and there is an inverse relationship between frequency of sexual activity in partners and snoring.

The cause of snoring is that the breathing passage is blocked. The blockage may be because of tongue falling in throat, relaxation of throat, mispositioned jaw, throat congestion by fat in obese people, nasal deformities like deviated septum, enlarged adenoids and tonsils etc. There are lots of home remedies and other medical remedies available to cure snoring.

The simplest cure for snoring is to sleep on side. Sleeping on the back causes the soft palate and uvula to distend into the throat and block it. Sleeping on the side removes this congestion. This generally cures snoring in mild snorers. This can be achieved by keeping a tennis ball in the back pocket, which causes discomfort to the person whenever he tries to sleep on his back.

Reducing obesity and increasing aerobic activities also benefit a lot. It is beneficial to quit smoking also. Avoid eating heavy food, milk products, sleeping pills and antihistamines before sleeping. Nasal decongestants are also beneficial. Studies have shown that playing didgeridoo on a regular basis gives exercise to throat and reduce snoring. Didgeridoo is an Australian wind instrument and can be bought

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in musical instrument stores or online.

If the above methods do not help, there are medical methods:

- **Continuous Positive Air Pressure:** In this a mask is put on the snorers mouth which provides continuous air pressure in throat. Results generally are good.
- **Appliances:** A variety of dental appliances, jaw positioners, nasal clips, oral devices are available which help in alleviating snoring.
- **Surgical Methods:** They are called thermal ablation palatoplasty. In these the throat congestion is removed by surgical methods. They include methods like Bipolar Cautery, Laser Assisted Uvula Palatoplasty and Somnoplasty. Surgical methods require anesthesia except Somnoplasty.
- **Tonsillectomy and Adenoidectomy:** They are generally used to reduce snoring problems in children.

Tyson J Stevenson writes on a wide variety of "every day" subjects, always with valuable news & reviews. Expect to see his name often. A related resource is

<http://www.no-snoring.info>

Further

information can be found at

<http://www.hubbuh.info>

or

<http://www.news2reviews.com>

Frequently Asked Questions About Snoring

By Heather Colman

What is snoring?

In short, snoring occurs when a person breathes through their mouth and causes vibrations in the soft palate and uvula. Generally occurring during sleep, snoring comes in many different sounds that occur in men and women, the young and the old and even animals. Snoring in one person can be very slight and soft, while in another the snoring can be loud. The loudness of the sound usually depends upon the person and why they are snoring.

What causes snoring?

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When a person sleeps, the muscles not in use begin to relax and the airways will narrow. Snoring occurs when the air is being pushed through a person's airway. Depending on how forceful the air is being pushed, the loudness of the snore will vary. Men are often louder than women because their necks are generally larger. It is also believed that a hormone produced by women, known as progesterone, works to prevent or significantly reduce instances of snoring. There are many different causes that could lead to snoring. For example, if a person suffers from allergies that could clog the airways or takes medications that dry up the nasal cavities, they may suffer from snoring.

Anything that will clog, irritate, or otherwise block the airway can be a cause for snoring, such as a common cold, the flu, thick nasal tissues, nasal sprays, swollen thyroid gland, tonsillitis, swollen adenoids, large tongue, obesity, alcohol, aging, and smoking cigarettes. All of these can lead to the occurrence of snoring in any person.

Does snoring affect anyone other than the snorer?

In one word, YES! Snoring can affect everyone in the household. When snoring occurs, usually the person doing the snoring has no idea they are doing so. Everyone around them will likely be perfectly aware of it. There are a variety of things that can occur with those who have to live with a snorer. They will likely lose sleep and this can lead to many other emotional disturbances.

Is there a cure for snoring?

There are many different actions a snorer can take to cure snoring. There is surgery available, however, there are a few things to consider before undergoing surgery. For one, the cost of surgery is high and your insurance may not provide coverage for surgery to stop snoring. Another is that some people are more vulnerable to having complications following surgery. There could also be side effects, medication needed, or even the possibility that surgery was pointless and the snoring continued (due to other underlying causes for the snoring).

Some people look towards alternative methods for treating snoring such as medications, devices, exercise, diet, and changing sleep position.

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