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**How To Find The Best Cure For Snoring**

**By Alan Schill**

Many sufferers would applaud knowing the best cure for snoring, but just what exactly works and what does not? Experts have varying opinions, but there is one thing that is for certain and that is that you cannot go wrong with a natural cure for snoring.

Among the newest anti-snoring aids that offer a natural snoring remedy is the Sleep Genie, which is often recommended by doctors. During sleep, this new product has been proven to support the jaw while keeping the mouth closed.

Open mouth sleeping is one of the leading causes for snoring, which is why this revolutionary new snoring device often works during the very first use. Could this be among the best cures for snoring? Perhaps the individuals who tried this product could chime in, but they are busy enjoying a restful night's sleep at the moment.

Other cures for snoring are found when people simply decide to sleep on their side instead of their back. Individuals who regularly sleep on their back seem to be more prone to snoring when the fatty tissue in their mouth rests in the back of their throat, which restricts air passage. If it seems impossible to sleep on their side, individuals can rest a large body pillow up against their back to prevent them from turning over through the night.

Some anti-snoring devices, such as the Sleep Genie, allow you to sleep any way that you choose. If you choose to sleep on your back, but have nasal congestion caused by allergies, there are natural cures that may provide relief.

Before going to bed, run hot water in the sink and inhale the steam. The warmth will open up the nasal passages and allow for easier breathing through the nose. In addition, ridding your home of allergens, such as dust, pet hair and cigarette smoke will also help allergy sufferers to get a better snore-free night's sleep.

The use of air filtration systems help to remove dust and other allergens from their air and should be placed in every room throughout the house, including the bedroom.

## How To Find The Best Cure For Snoring

If the sufferer has been diagnosed as being overweight or obese, this may also be a cause for snoring. A medically supervised diet and exercise program may be the answer to losing weight and the nighttime nuisance of snoring. Not only is weight loss one of the best cures for snoring, but also one of the best for overall health.

This article is intended for informational purposes only. It should not be used as, or in place of, professional medical advice. Before beginning any treatment for snoring, please consult a doctor for a proper diagnosis and remedy.

A new anti-snoring scientific breakthrough is rapidly changing the lives of ex-snorers... because the first night you use it, it stops snoring! Visit

<http://www.SleepGenie.com>

for more information!

### **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?

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?

## How To Find The Best Cure For Snoring

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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