

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Overcoming the Torture of a Snoring Partner

By Dr. Joseph J. Berke, M.D., Ph.D.

Overcoming the Torture of a Snoring Partner

by: **Dr. Joseph J. Berke, M.D., Ph.D.**

Nothing is quite as frustrating as trying to sleep and hearing the guttural sounds of your loved one next to you snoring. It was supposed to be for better or for worse, but no one told you anything about endless nights of being woken up by the frustrating sounds, the bags under your eyes that would follow, and the necessity for you to consume five cups of coffee a day just to stay awake. As bad as snoring may be for the person who has to listen to it, it can also negatively affect the person doing it. People who snore tend to get a less restful night's sleep and will feel more fatigued throughout the day.

So is there a way to get your partner to stop snoring, or will you have to resort to separate bedrooms in order to get the much-needed sleep that you have been deprived of? Don't give up hope just yet. Snoring is indeed a problem, but it's a problem that can be dealt with if you know where to look for the solution. From herbal remedies to simple comforts, there are numerous remedies that can help your partner stop snoring and can help you get the sleep you need.

The not-so-wonderful sounds of snoring are produced by the soft palate's vibrations. The soft palate is a flap of muscular tissue that closes off the nasopharynx during swallowing or speaking. The soft palate usually vibrates irregularly when there are conditions that are interfering with one's ability to breathe through the nose. Allergies, colds, and blocked airways are common causes of the condition. Sometimes snoring can be caused by a serious condition, but usually snoring can be treated with simple preventative measures.

Since snoring is most common when lying on the back, sometimes getting your partner to stop snoring is as easy as asking them to roll over and sleep on their side. At other times, the remedy may be much more elusive. Sometimes adding a humidifier to the room will aid in moisturizing the airways and will help reduce snoring symptoms since a dry throat can contribute to soft palate vibrations.

There are also sprays and nose strips that one can use to prevent snoring, though these methods are not as effective as some other widely-available methods have proven to be. One of the best remedies

Overcoming the Torture of a Snoring Partner

for persistent snoring is the use of a "memory foam" pillow that will properly support the shoulder, neck and head areas. Since improper support of these areas can restrict airflow, a quality pillow can work wonders literally overnight.

If the above remedies don't eliminate the snoring problem, there could potentially be a more serious condition causing your partner to snore and an appointment with a physician should be made to determine the underlying cause of the condition.

Dr. Joseph J. Berke, M.D., Ph.D.

Discover how sleeping on The Better Sleep Pillow can change your life.

Visit:

Dr. Joseph J. Berke is an author and inventor dedicated to helping people get a better night rest.

Natural Snoring Treatments

By Burt Cotton

Snoring is big business. Check out the web and you will find hundreds of sites selling products designed to help you stop snoring. Unless you've got a real problem with sleep apnea, however, most loud sleepers can have their volume turned down or off through natural snoring treatments that don't cost anything.

Most natural snoring treatments aren't really treatments at all. They are lifestyle changes. There are many things that can be done to put a halt to the nighttime symphony nobody wants to hear. One of the most common causes behind snoring is being overweight.

Even if you never had a problem with snoring in your life, if you gain enough weight it can become a problem. Obviously, the answer to this kind of snoring is simply to lose weight. And it doesn't even have to be a lot of weight, usually, especially if you have only just become a regular snorer. Very often a weight loss of as little as ten pounds can correct the problem.

For those whose snoring isn't caused by weight gain, very often the culprit is an allergy. Again, this qualifies as one of the cheapest and easiest of the natural snoring treatments. The major problem will be determining what you are allergic to. If you've got a pet in the house, try keeping it outside if possible. If you think the problem is plants, try to eliminate them. But also be sure to wash your sheets and blankets regularly. And clean your heating and air conditioning vents of dust.

Perhaps the cheapest of all the natural snoring treatments is to change your sleep position. Most snoring is done when you sleep on your back. Chances are you'll have to engage in a little help from a sleeping partner to do this one. When your snoring wakes your partner up, get him or her to nudge or roll you onto your side. More than likely that will at least temporarily—until you roll over onto your back again—provide a solution.

Overcoming the Torture of a Snoring Partner

Many times snoring is caused by your airways drying out. Although this treatment moves into the area of spending money, for many people who've tried other things it often turns out to be the trick. Invest in a humidifier to keep the air inside your bedroom from getting too dry and to keep your airway passages moist.

Another helpful tip is to stay away from alcohol before bedtime as well as any medications that dry up your air passages. And unless all of these natural snoring treatments fail, you'll probably want to say away from most of the anti-snoring devices to found on the internet. While some people may benefit from them, most people benefit from simply exercising and sleeping on their sides.

Burt Cotton

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.



100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!