

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!

Stop Snoring Remedies

By Alan Schill

There are a variety of factors that cause an individual to begin snoring. No matter what the reason, sufferers around the world simply want to know about the best snoring remedies. Restless nights, frequent headaches, an angry spouse and the inability to concentrate are just a few of the results of snoring.

Stop suffering tonight and start sleeping better. Before electing to drastic surgical methods, try and resolve your snoring problems naturally.

One such method of treating snoring is achieved through the use of a new doctor recommended product, which is named the Sleep Genie. Fittingly titled, this revolutionary anti-snoring device comfortably supports the jaw while keeping the mouth closed during sleep.

One of the main causes of snoring is believed to be sleeping with your mouth open, which is rectified with the Sleep Genie. Often working in it's very first use, the Sleep Genie requires no medication or invasive surgery.

If you tend to sleep on your back, stop now. Begin sleeping on your side and, if necessary, use a body pillow against your back to prevent you from turning back over through the night. Many back sleepers suffer from snoring because their airway becomes restricted when the uvula or fatty tissue in the throat relaxes and restricts the airway.

By sleeping on your side, this will not be as problematic and the vibrating sounds of snoring will not be created by anything rubbing inside the throat as you sleep. In addition to side sleeping, there are specialty pillows that claim to help curb snoring.

You may also try using several pillows and elevating your head slightly higher as this will help to keep the air passages more clear during sleep.

If neither of these methods appear to work, consider a lifestyle change. If you smoke cigarettes or live with your pet, it may be time to think about allergies. These and many other factors can lead to

Stop Snoring Remedies

allergies, including dust.

There is no way to remove every dust particle in the home, but air purification systems will work wonders in helping to eliminate as much dust as possible. Allergy and sinus sufferers tend to experience more snoring problems due to nasal and throat airway restriction.

As the tonsils swell or your nose becomes congested, breathing becomes more difficult. Allergy sufferers, or during cold and flu season, individuals may find relief by inhaling steam before going to sleep. The warmth of the steam from hot running water will lessen congestion and allow the individual to breath easier.

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!

Effective Home Remedies For Snoring

By Alan Schill

It begins at home and is only fitting that it is treated at home. There are a number of home remedies for snoring, which can allow you to take control of your nights and enjoy the quality of sleep that you deserve.

One of the most effective home remedies for snoring is to sleep on your side. If you always find yourself sleeping on your back, you may never guess that your sleeping position is directly linked to snoring. When you sleep on your back, the muscles and tissue are more likely to relax in the back of the throat, restrict your airway passage and cause snoring. In addition, sleeping on two pillows instead of one is among the popular home remedies for snoring. The additional elevation may help to keep your airways open.

If you suffer from allergies, try inhaling steam from hot running water before you go to bed. The heat may help to open up the nasal passages and improve breathing. The same is true if you are prone to sinus infections or have recently been diagnosed with a cold or the flu. One of the best home remedies for snoring is to simply improve the quality of air that you breathe. If your airways are restricted, snoring is much more likely. By ridding your home of allergens, you will increase air quality and enjoy the benefits of cleaner air. The presence of air filtration units in every room, especially the bedroom, is a good idea.

Stop Snoring Remedies

A majority of physicians will recommend trying a variety of home remedies for snoring before resorting to invasive surgery. After all avenues have been pursued without success, a doctor may consider a surgical procedure. In addition, if home remedies for snoring do not provide effective results, the sufferer may have sleep apnea. This is a serious condition which, if left untreated, may result in heart disease, an increased likelihood of a stroke or other medical problem. Sleep apnea occurs when the sufferer's airway passages become completely blocked and they stop breathing completely on multiple occasions throughout the night. Home remedies for snoring are ideal if your snoring is just an inconvenience, but are not intended to cure sleep apnea.

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!



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!**