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What Causes Snoring?

By Burt Cotton

So what causes snoring anyway? It's loud, it's annoying and it even can be life-threatening in

certain cases. But what is it really? What causes snoring is a physical reaction that occurs when the air passages block the smooth flow of air, or else when the tissues or muscles in those air passages vibrate. The muscles in your tongue, your throat and the roof of your mouth, better known as the soft palate, relax as you fall deeper into your nightly slumber. Because of this relaxation, the tissues in the throat start to sag, which leads to the airway becoming more narrow, and as they narrow they also start to vibrate. This vibration creates the sound we recognize as snoring. The more narrow the airway gets, the louder the snoring becomes.

The most common answer to the question of what causes snoring in relation to how it can be controlled is weight. Many people who never had a problem with loud snoring often find it accompanies weight gain. Gaining weight leads to more neck tissue that becomes less firm. The weight of the neck results in more pressure on the airways. This results in a higher propensity for the tissues to vibrate as you breathe.

Besides weight, age also plays a part. As you age, the muscles in the throat become weaker. This weakness results in the tissues sagging and that leads to more vibration.

Developing an allergy can also lead to increasing snoring. The blockage of the nasal passages serves to limit the ability of easy flow of air through the nose, which in turns forces you to breathe more through your are located.

As it does with so many things, alcohol also plays a part in snoring. Alcohol and tranquilizers can affect your nervous system by relaxing the muscles in the back of the throat, thereby loosening them and subjecting them to vibration.

Although losing weight is probably the answer to controlling the snoring of most people, there is a much easier and quicker temporary solution. The majority of those who snore only do so when they sleep on their back. Sleeping on one's back results in the tongue slipping backward into the throat, narrowing airways and blocking airflow. Since most people's slumber isn't interrupted by their own

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snoring, instant relief can be usually be found—again temporarily—by simply nudging the snorer onto his side. Obviously, this becomes problematic the more the sleeper weighs or if the snorer is a particularly heavy sleeper. Extremely cold feet usually solves the problem, however.

Obviously, there is no single, simple answer to question of what causes snoring. Generally, however, most snoring is related to weight problems or physical changes in the throat tissues.

Burt Cotton

<http://www.stop-snoring-cures.com>

Snoring Relief & How To Achieve It

By Alan Schill

If you suffer from snoring, then you are probably looking for a way to relieve it. Snoring relief is often sought from a surgical standpoint, but many do not realize that snoring relief can actually begin at home.

Snoring relief can be found in many forms. From changing your sleeping position to the use of an anti-snoring device, snoring relief can be quite effective if you know where to begin. First off, try sleeping on your side instead of your back. If you find that it is impossible to do, try using two pillows instead of only one. An important part of snoring relief is to make every effort to keep the muscle and tissues from relaxing in your throat and restricting air passage. That is why side sleeping and a few inches of elevation are both important to snoring relief.

Another effective method at snoring relief is to remove allergens from your home. Regular cleaning and the use of air filtration devices can help to ensure that your air is as clean as possible. Individuals, especially those with allergies or sinus problems, are prone to breathing problems that could lead to snoring.

If you are overweight, or have recently been diagnosed with obesity, weight loss may be a very effective snoring relief method. The reason is because obesity is believed to be one of the leading causes of snoring and, therefore, has an important impact on it's remedy.

Many sufferers turn to the help of anti-snoring aids to help them rid their nights of discomfort. Quality snoring relief products are often doctor recommended. Such is the case with the Sleep Genie, for example, which helps the snoring sufferer to keep their mouth closed during the night. It is nearly impossible to snore with your mouth closed, which is why the Sleep Genie is applauded by snoring sufferers around the globe.

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.

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