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## What To Look For In Anti-Snoring Devices

By Alan Schill

If you, or someone that you know, suffers from snoring, then you are probably looking for a way to cure it. While the actual causes of snoring vary from obesity, sleeping on the back, allergies and more, the majority of sufferers simply want to know how to correct the problem rather than what caused it.

Many anti-snoring devices are designed to help sufferers stop snoring and start resting.

Natural snoring remedies including sleeping on your side, ridding your home of allergens, losing weight if recommended, etc. If none of these remedies seem to work, many sufferers immediately turn to a variety of surgical procedures for their snoring solution.

However, these types of procedures are invasive, uncomfortable and may not be necessary in all cases. Before turning to surgery, consider the use of anti-snoring devices.

With the retail market being what it is, there are many anti-snoring devices that claim to solve this problem or cure that one but, when looking for legitimate anti-snoring devices, always look for something that has either been directly recommended by your doctor or is labeled as being doctor recommended.

This is very important in identifying the quality anti-snoring devices from the rest of the pack so to speak. One anti-snoring device, which is currently available, is known as the Sleep Genie. This product, as it is fittingly titled, typically works it's magic during the first use.

The product provides a comfortable support for the jaw while allowing the mouth to remain closed through the night. Have you ever tried to snore with your mouth closed? Exactly. No luck, right? That is why the Sleep Genie has been identified as being doctor recommended. It provides a medicine-free, non surgical way to end snoring.

If the sufferer continues to have problems even after using quality anti-snoring devices, a physician may need to look for the possibility of sleep apnea. This is a very serious medical condition which, if left untreated, can lead to other health problems.

## What To Look For In Anti-Snoring Devices

With sleep apnea, the snoring sufferer often stops breathing completely throughout the night and is therefore at risk for various health problems. A proper diagnosis for sleep apnea can only be made by a physician.

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!

### **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.

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