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Snoring is often seen as a bit of a joke, but those who live with a snorer know that it can be a serious problem - it can even lead to the breakdown of loving relationships. Jill Eckersley explains why some of us snore and shows that there are solutions, ranging from simple sprays to surgery and alternative therapies.

Coping with Snoring and Sleep Apnoea

Coping with Snoring and Sleep Apnoea Jill Eckersley is a freelance writer with many years' experience of writing on health topics. She is a regular contributor to women's and general-interest magazines, including Bella, Women's Fitness, Slimming World and other titles.

Coping with Snoring and Sleep Apnoea

Reducing Your Partner's Snoring 1. Have the snorer sleep on their side or stomach. Sometimes, shifting sleeping positions can help reduce snoring. 2. Discourage the snorer from drinking before bed. Drinking alcohol, especially in excess, can relax the throat muscles,... 3. Use nasal strips. Try ...

The 4 Best Ways to Sleep when Someone Is Snoring - wikiHow

If you're losing sleep because of your partner's snoring, there are some things you can do to help yourself and help them. Here, we look at the significance of sleeping with a snorer and explore the ways you can stop the snoring or at least cope better! Jump to tactics to deal with a partner's snoring.

What Can You Do If Your Partner

Snores? - SnoreLab

Sleep in the correct position Avoid sleeping on your back. If you struggle to remain on your side throughout the night, try stitching a tennis ball... Raise the head of your bed with good quality pillows – one thick or two thin pillows should be about right.

How to stop snoring - Bupa

Reward him with kisses or a romantic lovemaking session if he chooses to change his sleeping position. Furthermore, when he inadvertently turns onto his back during his sleep, wake him up and tell him gently to sleep on his side again. This is one great way of dealing with a spouse that snores for it can prevent quarrels.

9 Smart Ways to Deal With a Snoring Spouse - PairedLife ...

A Pill taken at bedtime could stop snoring for good. The new tablet eases the symptoms of obstructive sleep apnoea (OSA) — which affects up to two million people in Britain, causing heavy snoring...

Eureka! The once-a-night pill that can banish snoring by ...

If snoring is an ongoing problem, Breus recommends asking your primary care physician for a referral to a sleep specialist, who will conduct a sleep study to learn if a potentially serious condition like sleep apnea is the cause of the snoring.

5 Ways to Cope with a Snoring Spouse | Sleep Number Blog

Dealing With Snoring. For treatment, the pressure toggles between a lower rate for inhalation and a greater rate for exhalation, which can make breathing easier for some people. Unlike the other

2, does not follow a fixed pressure schedule. Instead, the device adjusts pressure levels based on the user's breathing patterns.

Dealing With Snoring - Your Anti Snoring Mouthguard Guide

Sleep apnea, a condition marked by breathing that stops for brief periods, is another, more serious cause of snoring. "The person with sleep apnea has a brief arousal, which restores the airway...

How to Cope with a Bad Bed Partner - WebMD

Coping with Snoring and Sleep Apnoea. An invaluable book for both snorers and partners of snorers, Coping with Snoring and Sleep Apnoea shows you how to conquer snoring and get that elusive good night's rest. Add A New Review. We try very hard to ensure that every customer receives the most appropriate solution to their problem. A few words of ...

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Snoring is very common and is not usually caused by anything serious. There are things that can help if it's a problem. Things you can do to help you stop snoring Simple lifestyle changes can help stop or reduce snoring.

Snoring - NHS

Advice and Tips for Coping with Snoring While snoring is very common and very irritating, few people take the initiative to actually do something about it. If you want to learn how to reduce the amount of snoring you do during sleep, then go ahead and look through this article and see how you can do just that.

Advice and Tips for Coping with

Snoring

Help is available through relaxation techniques, sleep hygiene routines and simple sleep aids to help you breathe better, relax and sleep better at night. Even the simple act of switching off your phone before bedtime and getting a solid 7 to 9 hours of sleep can make a huge difference, as it turns out that sleep is a natural remedy for anxiety.

Coping with Anxiety and Stress - How Sleep Can Help - Mute ...

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