Snoring is a very common yet annoying problem. A snorer is able to wake everyone in the house but himself through this distinctive form of torture. So if you don't want your partner move out of your bedroom or sleep in a couch away from you, work on it to stop!

Snoring or Roaring?



What is snoring?

Snoring is the hoarse or harsh sound that occurs when your breathing is partially blocked in some way while you're sleeping. Snoring occurs when air flows past relaxed tissues in your throat, causing the tissues to vibrate as you breathe, which creates those irritating sounds. According to the experts, another disease like sore throat or blemish, snoring doesn't develop overnight. Rather it takes time to evolve and grows louder and louder. Experts have discovered that by the time a snore is booming enough to disrupt a bed partner the snorer has probably become used to the noise.

But if snoring happens frequently it can affect the quantity and quality of your sleep and that of your family members and roommates. Snoring can lead to poor sleep and daytime fatigue, irritability, and increased health problems. If your snoring keeps your partner awake, it can also create major relationship problems.

Sometimes snoring may indicate a serious health condition Your doctor might help you find the reason behind your snoring.

People who snore often have too much throat and nasal tissue, or "floppy" tissue that is more prone to vibrate. The position of your tongue can also get in the way of smooth breathing. Evaluating how and when you snore will help you pinpoint whether the cause of your snoring is within your control or not. There are many conditions which can affect the airway badly and cause snoring:

- Your mouth anatomy.
- Alcohol consumption.
- Nasal problems or structural defect in your airway.
- Sleep apnea. (A serious condition when your throat tissues partially or completely block your airway, preventing you from breathing)

Some facts that you should know regarding snoring:

- Men are more likely to snore or have sleep apnea than are women.
- People who are overweight or obese are more likely to snore or have obstructive sleep apnea.
- Having a family history of snoring or obstructive sleep apnea can cause snoring too.
- And if you are not a snorer, but a partner, this is for you to keep in mind. Consistent snoring and sleeplessness can make you feel fatigued and sometimes frustrated as well. Don't blame your partner for snoring, work together to get rid of this nocturnal noisemaking.

Home remedies for your snoring

The good news is that no matter how and when you snore, there are solutions to making your snoring better. In addition, medical devices and surgery are available that may reduce disruptive snoring. However, these aren't suitable or necessary for everyone who snores.

Make a small changes in your lifestyle, so that you and your partners both can have a good night sleep!

- **If you're overweight, lose weight.** Losing weight can help reduce snoring. People who are overweight may have extra tissues in the throat that contribute to snoring.
- **Sleep on your side.** Try sleeping on your side instead of lying on your back. If you sleep on your back your tongue falls backward into your throat, narrowing your airway and partially obstructing airflow
- **Raise the head of your bed.** Use more pillows and try to keep your head high from your bed by about four inches.
- **Nasal strips.** Using nasal strips should not be appropriate for you if have sleep apnea. Otherwise these strips applied to your nose might help to increase the area of your nasal passage, enhancing your breathing.
- **Treat nasal congestion or obstruction.** Having allergies or a deviated septum can limit airflow through your nose. This forces you to breathe through your mouth, increasing the likelihood of snoring.
- **Limit or avoid alcohol and sedatives.** Avoid drinking alcoholic beverages at least two hours before bedtime, and let your doctor know about your snoring before taking sedatives.

Source: Mayo Clinic