

How to Stop Your Snoring... WITHOUT Surgery!

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INTRODUCTION

Snoring is No Laughing Matter

As innocent children armed with our trusty toolbox of crayons and markers, we often depicted a snoring person as someone lying in bed with a series of “Z’s” casually emerging from a peacefully sleeping body.

However, what we neglected to draw – and again, rather innocently – was the severe underlying *damage* that was occurring in that ordinary picture.

The Damage is Far-Reaching

Damage to whom? Well, damage to at least one person, and potentially many more. Primarily, snoring has the very real potential of causing health damage to the snorer him or herself.

This damage can range from relatively mild sleep disturbances, to outright *fatal* Sleep Apnea (described further in this book). Indeed, when looked at under this light, those innocent Z’s in our childhood drawings don’t seem quite so harmless, anymore.

Yet is that where the suffering ends -- with the snorer? Hardly; and this is where the dilemma of snoring – and it is indeed a dilemma – takes on an added hue of suffering and misery.

To understand this in its painful clarity, let’s return quickly to that childhood drawing of the sleeping person (usually a man) slumbering away after a hard day of work, possibly dreaming about something pleasant, as Z’s floated up from his peaceful, sleeping body.

Now, how many of us took the time to draw the person *trying* to sleep next to that snoring partner? Hardly any of us, I would venture to presume, took the time to accurately depict the *total anguish* that the non-snoring partner of a snorer undergoes on a nightly basis.

But really, that’s where a great deal of snoring-related suffering is contained: in the life of someone trying to live (and love!) a snorer. We’ll take a deeper look at the tragic dilemma faced by these people later on in this book.

Snoring must be Solved!

Of course, non snorers who have valiantly slept in the same bed, or even in the same house, as a chronic snorer know *precisely* how severe this problem is, and they don't require any convincing that snoring is a problem that ***requires a solution!***

Yet there are some, perhaps, who haven't yet experienced the true *violence* of living with a snorer; and for those people, I humbly invite you to try sleeping with any of the following devices; *all of which* have been ranked as emitting the same or fewer decibels than the average snorer:

- ⇒ An operational lawn mower (and not the super-quiet luxury kind, either)
- ⇒ An industrial vacuum cleaner (the kind that picks up nails and glass!)
- ⇒ A running motorcycle (these things have no muffler, really, and you can hear them from blocks away!)
- ⇒ A passing jet (the kind that wakes up babies, scares cats, and sets off car alarms)
- ⇒ An operational chain saw (hopefully you haven't actually slept while one of these things are operating...unless you were a horror movie actor)
- ⇒ A blender, food processor, or hair dryer (not one; all three at once!)

The Noise is Often NOT Temporary!

And remember, please: we aren't talking simply hearing these sounds and then having them fade, such as what we're used to when we hear a passing jet (i.e. we only have to hear it for a minute or so, and then it's gone).

Imagine, if you can, listening to these sounds all night long; and then you'll have a very real and *non-exaggerated* sense of what a non-snorers withstands, or tries to withstand, on a nightly basis when attempting to co-exist with a full-time snorer.

So in a nutshell: if your exposure to the world of snoring is simply and innocently depicting some happy Z's floating up from a peacefully sleeping person, possibly beside another peacefully sleeping non-snoring person, then it's time to update the records: **it's not a laughing, innocent matter at all.** For both the snorer and the non-snorers, snoring is an extremely serious matter.

And, as you can imagine, because of that seriousness, a number of people are *desperate* to end snoring; either their own snoring, or that of a partner. And as you can just as easily imagine, that *desperation* has inspired an array of so-called solutions; some of which are effective and safe, and others that are risky and exploratory.

Unfortunately, because the problem of snoring is so acute – it's actually fatal in some cases, and you can't get more acute than that! – There exists widespread confusion and misinformation with respect to how to end snoring once and for all.

The Purpose of This Book

The purpose of this book is simply to provide an answer to that most fundamental of snoring demands: **how to end snoring once and for all!**

And as you'll see in just a few pages, the answer often does *not* lie in expensive and risky surgeries. In fact, in some cases (and we'll talk about this later on in the book), surgery can be counter-productive and expose the snorer to other health risks! Fortunately, however, there exist several proven non-surgical anti-snoring devices, techniques, and tips that have worked wonders.

These non-surgical solutions have literally saved lives; and just as valuably, they've profoundly improved the quality of life for millions of people who found themselves at their wits end when it came to snoring; both their own, or in that of a loved one (who was becoming less and less loveable as the snoring continued!).

Before we look at these non-surgical methods of ending snoring once and for all, it's helpful to understand just ***what snoring is*** on a biologic level. We'll look at what causes snoring, and what creates those Z's (which we now know are not as happy and enjoyable as we remember them from our childhood drawings).

Once we've looked at the causes of snoring, we'll take a deeper look at ***why snoring is a problem***. Obviously, we already know that it's a problem; but it's well worth the time to understand just how devastating untreated snoring can be; both for the snorer, and indeed, for the non-snorer. You'll likely be amazed – if not a little disturbed – by the dizzying array of problems that are quite clearly traced back to snoring; problems that manifest on both the physical and emotional levels.

After that, we'll be in a position to take a look at ***remedies for snoring***; and our first focus here will be on surgical procedures. Why? Because it's important for us to understand, scientifically, why surgical procedures to end snoring are dangerous and often counterproductive.

This is very important information that everyone should know, because it paves the way for the final section of this book: non-surgical, safe, and proven methods of ending snoring once and for all.

So remember, if you have kids and see them draw or paint happy pictures of sleeping people with Z's rising from their peacefully dreaming bodies, you might want to think twice before sticking those keepsakes to the fridge, or framing them and putting them on your desk at work.

Once you've finished this book, you'll likely never be able to look at seemingly *innocent, safe* snoring in the same way!

SECTION 1: THE CAUSES OF SNORING

So...Just What the Heck is Snoring, Anyway?

Technically, snoring is defined as any resonant noise from the respiratory tract that emerges during sleep.

Biologically, snoring refers to a vibration in the airway connecting the nose and the mouth; a vibration that can emerge through the mouth, the nose, or (as some non-snorers are painfully aware), it can emerge through both!

As you can sense, the more narrow the airway, generally speaking, the more intense the vibration; and ultimately, the louder the snore.

You may also be wondering *why* snoring only seems to emerge at night; after all, people literally use their airway every moment of their life; so why is snoring a nocturnal dilemma?

The answer to this is found in looking at the tissues within the airway. This tissue is very soft, and at night becomes relaxed; it's similar to how some muscles, like biceps, become relaxed at night since the body does not require them.

As the throat (and its subsequent tissue) relaxes during sleep, the wind tunnel/airway becomes narrower and hence, snoring occurs.

Why Do Some People Snore Louder than Others?

This, too, is the reason why some people snore louder than others; and why the actual tone and pitch of one snorer may be rather different than another.

The actual snoring sound that emerges is dependant upon the force of wind that is being pushed through the (narrowed) airway. As you can envision, the more potent the force of wind (i.e. the faster the speed of the wind), the louder the snoring.

This is also why even babies can snore; but it's often not considered *snoring* in the conventional sense, because an infant's force of wind through their wind tunnel is so mild, that it can easily be ignored (though this can lead to complications; infant snoring can often be a symptom for a breathing and/or respiration problem, including allergy).

However, while snoring affects people of both genders and of all ages, it typically does afflict more men than women. There are a few reasons for this.

Snoring Tends to Favor Men

Overall, men's necks tend to be larger than women's necks; and thus there may be more fleshy tissue in there just waiting to combine with air flow and cause snoring.

Another reason is that women produce the hormone called Progesterone, which is considered by some medical experts to be an aid in reducing or preventing snoring. In fact, there are some anti-snoring treatments that involve Progesterone therapy for snoring men.

Factors that Increase and/or Lead to Snoring

There are several health and lifestyle factors that contribute to snoring; and this is true for both men and women, since snoring is a condition that does affect both genders (though surveys suggest that men snorers outnumber women snorers by a ratio of 2:1).

Some of the major health and lifestyle factors that can contribute to snoring include:

- Allergies, which can clog the airway and trachea
- Allergy medications, which can dry the nasal cavities
- Cold and Flu, which can similarly clog the airway (this is why some people experience snoring only when they're suffering a cold or flu)
- Thickened tissues in the nasal passages, which can sometimes result from some surgeries unrelated to snoring
- Overuse of nasal sprays which irritate the nasal passageway
- Enlarged adenoids and/or tonsils
- Goiter (swelling of the an ineffective thyroid gland in the neck)
- A disproportionately large tongue that blocks airflow
- Ineffective regulation and neural control of mucus membranes
- Obesity and excess weight (leading to an enlarged neck and excess soft tissue in the trachea)*
- Excess gut/belly (relatively decreasing the size of the lungs)*
- Drinking alcohol**, which:
 - sedates the throat muscles and causes them to collapse
 - dilates blood vessels which swells up throat tissue
- Cigarette smoking, which inflames the upper airway
- The normal aging process, which can simply lead to a loss of muscle tone in the neck and thus snoring

* Since relatively more men tend to experience an excess gut, this is one reason why more men tend to experience snoring than women.

** Any medication (prescribed, over the counter, or illicit) that leads to excessive relaxation can lead to snoring.

So while we've looked at what snoring is, and what (rather common) factors and variables lead to/increase snoring, there still remains a very important element to focus upon: ***just how devastating is snoring?*** We answer this rather ominous question in part two of this book, below.

SECTION 2: THE PROBLEM OF SNORING

Again, one of the very strange challenges that the entire topic of *snoring* faces, is that, well, most people don't think it's all that big of a problem. The word itself – *snoring* – is rather harmless sounding, really; and it's nowhere as terrifying as some angry medical words such as *tumor* or *cirrhosis*.

As a result, many people are quite skeptical when told that snoring is a severe physical and emotional health problem. If you might find yourself among these skeptics, or if you're just unsure of just how serious this problem is, then this section is for you.

Snoring: The Physical Problems

It only takes a minute, or a cursory glance, at the list of physical problems associated with snoring to quickly embrace this funny-sounding noun/verb into the class of serious health problems.

Here is just an opening list of the health problems associated with snoring (and remember, please, that we're just looking at *physical* problems right now; emotional problems come later!).

⇒ sleep apnea (described below)

- ⇒ heart disease
- ⇒ stroke
- ⇒ headaches throughout the day (due to poor quality sleep and poor airflow through trachea)
- ⇒ night sweats
- ⇒ heartburn
- ⇒ swollen legs and arms (due to lack of oxygen flow)
- ⇒ an overall weakened immune system
- ⇒ Hearing loss (if snoring is very loud; remember, snoring can be as loud as a passing jet!)
- ⇒ And more...

In addition, most of us assume that snoring is associated with adulthood; and, as such, that the physical ailments noted above are limited to adults. This is not the case at all, since many children and adolescents snore (particularly those with related airflow inhibiting conditions, such as asthma).

Sleep Apnea: A Closer Look

Of all the snoring-related physical ailments noted above, arguably the most severe – and ironically least understood – is a condition called Sleep Apnea. These two words should be emblazoned in the minds of every snorer, and anyone who lives with or cares about the safety and well-being of a snorer.

The word *apnea* in the term Sleep Apnea derives from the Greek term for *absence of breathing*. That, in a nutshell, gives a sense of how dangerous Sleep Apnea can be; it literally refers to a condition where breathing stops during sleep.

Sleep Apnea is as Serious as it Gets!

Sleep Apnea and snoring are directly linked because during snoring the airway of the trachea is constantly subjected to repetitive collapse and obstruction; in fact, it is that collapse and obstruction that leads to the vibration that, ultimately, manifests itself as

audible snoring. Sleep Apnea thus occurs when, due to that continuous collapse of the airway, breathing actually stops.

While death is obviously possible due to this obstruction of the airway (and subsequent lack of breathing), there are many very serious effects that, while not fatal, are most certainly severe.

Even when it is not fatal, Sleep Apnea deprives the body of essential oxygen; and hence, overall blood oxygen levels are reduced and concurrently, carbon dioxide levels rise. This can lead to toxic buildup that can cause heart disease, stroke, and brain damage.

Snoring: The Emotional Problems

Readers who themselves aren't snorers, but have lived with (or currently live with) a *first class snorer*, might find themselves shedding a tear or two as they read this section. That's because often overlooked in the whole snoring discussion are those people who *don't* snore.

These are the husbands, the wives, the kids, the nanny's, the siblings, the in-laws, and even the neighbors who have found themselves on the receiving end of a chain saw, or a lawn mower, that tended to start at around 10:00pm, and continued – unabated! – Until about 7:00am the following morning.

For such people, trying to fall and *stay* asleep was not merely an exercise in stress coping; it was an exercise in *crisis management*!

It's not at all *overly dramatic* to suggest that the emotional costs of snoring are as severe, or possibly even more severe, as snoring's physical toll. This is because snoring can lead a disturbing array of emotional problems, including:

- lack of sleep, leading to depression and anxiety
- Marital breakdown and divorce, due to lack of sleep and lack of empathy (remember, the snoring partner *doesn't often know* the pain that they are unwittingly causing!)
- Eviction by a landlord and the resulting humiliation (this may sound funny, but some people have literally been kicked out of their homes because of their snoring!)
- warring roommates and neighbors

- job loss, due to inability to concentrate and focus (because of sleeplessness)
- memory and retention problems due to sleeplessness

And within these problems (and this just a simple list, an entire book can be filled to document the real life emotional damage caused by snoring) are a host of painful mental states that infect both the guilty-snorer, and the enraged non-snorer.

These unproductive emotional states include:

- frustration
- anger
- feelings of violence
- helplessness
- desperation
- anguish
- exhaustion
- growing resentment
- lack of confidence and self-esteem

And let's not forget the millions of non-snorers who drive cars or operate heavy machinery; without a solid night of sleep, some of them can (and regrettably do) put both themselves and others at risk.

Indeed, the emotional problems associated with snoring are, unfortunately, *less discussed*; especially since the snorer himself or herself **isn't aware** that he/she is causing so much unintentional emotional damage! Yet, as you can easily see (perhaps even in reflecting upon your own life), the emotional costs can be severe and incalculable.

Different Degrees of Snore-Related Suffering

Ultimately, the point here is not to try and see whether the physical problems associated with snoring are more important, or more devastating, than the emotional problems.

Different people are going to experience different aspects of both levels; and some, unfortunately, are going to experience the worst of both.

Quite simply, it's enough for us to conclude without question that snoring is one of the most serious health problems in the world; and the notion that it is merely a nighttime inconvenience, or something that can't lead to anything severe or lasting, is **just plain incorrect**.

Snoring is a real problem, and hundreds of millions of people around the world – both snorers and non-snorers – would readily agree.

The Race to End Snoring

It is in this light – that snoring is such a massive global problem – that the quest for a solution has been nothing short of monumental. Virtually every corner of the health care world claims to offer something to mitigate or eliminate snoring; from acupuncture to invasive surgery.

On the one hand, this focus on solving snoring is quite welcome; it signifies that qualified medical people (i.e. the educated folks in lab coats who are paid to solve health problems) are very interested in finding some answers, and very willing to commit their large brains to this important task.

Yet on the other hand, this focus on solving snoring is, ironically, beset with additional problems. Quite simply, there is a lack of quality information with respect to what solutions *work*, and what solutions quite frankly *don't* work.

Though it's always more fun to focus on the positives – and that's certainly what we'll do in this book – it's necessary for us to first take a look at something a bit negative: surgery; or more specifically: why surgery isn't often the way to go if you want to end snoring once and for all. We take a look at this in Section 3, below.

SECTION 3: WHY SURGERY CAN BE A BAD IDEA

One of the nicest things about living in the 21st century is the amount of surgical options available to more people, including more and more people in the developing world (though, obviously, not enough).

Quite sincerely, countless numbers of lives have been outright saved, or inestimably improved, due to surgery. I doubt you'd find anyone who would absolutely conclude that surgery, as a concept, is a mistake; or that we should long for pre-surgery days, where infections and ailments so easily morphed into life-threatening conditions.

Are We Addicted to Surgery?

Yet (and yes, there's always a yet!), there is a bit of a cloud attached to this surgical silver lining. We now live in a world that is, for all intents and purposes, *addicted* to surgery. It has become the first option – and in some cases, the *only option* – that both doctors and patients consider when trying to remedy a problem.

Advances in medical technology have played a role here as well; transforming within the span of a generation a surgery that once required 7-10 days of hospital care, to an “in by 2:00pm, out by 4:00pm” outpatient experience.

And since many (enhanced) medical insurance plans cover many types of surgery – all it needs is a doctor's *okay* – it's not uncommon to come across people who have had a *litany* of surgeries over the past few years. They might even know the surgeons by name, and have a favorite parking spot at the hospital.

Snoring and Surgery Is Often a Bad Combo

It is in light of all this is that we look at snoring, and at surgery. In a nutshell: the two don't mix; and this is a bit of a problem to people who are persuaded by medical doctors (or by surgery-addicted colleagues, friends, and relatives) to *go under the knife* to get rid of that “pesky snoring problem”. These people may be well intentioned, but they don't have all of the facts.

One of the things that they probably don't (yet) know – again, not deliberately – is that surgery is not an exact science. It may look that way, especially when one sees the army of hi-tech equipment that clogs many operating rooms and makes one think that they're at NASA Mission Control instead of a local hospital.

Surgery Is Exploratory!

However – and even surgeons will readily admit this (or their insurance companies will if they won't) – surgery is, always has been, and always will be, somewhat exploratory.

True, some surgeries are *better known* and *more ordinary* than others, and the chance of a successful outcome for, say, a quick knee surgery might be radically more predictable than a kidney transplant. But the bottom line is that *both* of these procedures are surgical, which means that they both have risks.

This, indeed, is something of a wake-up call for people who have equated *surgery* with *certainty*.

Snoring Surgery is not Always Successful

So how does this relate to snoring? Quite bluntly, it's this: whereas some surgeries are a bit more tried and tested than others, surgery designed to stop, mitigate, or treat snoring have been *less than successful for many people*.

Why is this the case? Surgery to treat snoring is designed, ultimately, to increase the airflow in the trachea; and the most common surgical way to do this is to cut away some of the tissue that is clogging up that passageway. Is this a wise choice?

Possibly, yes, for some snorers this can be a remedy; but not for all, and certainly not for most. This is because the problem of snoring is often much deeper than a constricted trachea.

Yes, as we discussed earlier in this book that is how snoring manifests itself as sound: air from the lungs vibrates in the airflow.

Yet for many people, this is not the ultimate *cause* of snoring; that cause, like many medical ailments, is often something of a mystery, and can change significantly from person to person.

The example on the following page will help shed some light on this potentially complex point.

An Example: From Snoring to Insurance

Let's look at something simple and non-medical: car insurance. Let's take 20 people who are considered *bad drivers* by their insurance companies. As a result of that dubious distinction, all of these drivers are going to face a premium increase of \$500 when they're insurance is renewed.

Now, seen at a distance, it might appear as though all of these drivers are in the same boat (or same *car*, as it were). And given that assumption, a method to deal with this problem might be to simply give each of these people an extra \$500 in cash. Really, as strange as that sounds, this *is* a way to solve this problem for each of these 20 drivers: they need to find \$500 more to pay their insurance premium, and hence, that is what this so-called solution is going to do. Yet is this wise? No!

Some of those drivers – probably more than a few of them – are not going to actually *correct* why they might be classified as a “bad driver” by their insurance company. They simply won't know *why* they're bad drivers, and hence, some of them will likely remain a “bad driver”, and face higher insurance premiums next year – but this time after a few more accidents or tickets.

As you can easily see, the real *cause* of the so-called “bad driving” isn't solved when each person is given a nice gift of \$500 with which to pay his or her increased insurance premium. And since the problem isn't really solved, the *bad driving can crop up again*, and cause financial problems and even worse, it can endanger health and safety.

So when people readily turn to trachea tissue-cutting surgery to *cure* their snoring, they may quite easily be overlooking the real root cause of the snoring; something that may be related to diet, sleep position, jaw or tongue dysfunction, lifestyle, genetics, or be an indication of an even *more serious* health problem; an indication that could be dangerously suppressed (temporarily, at least), after a seemingly *successful* surgery.

Going to surgery as an easy, off-the cuff solution for snoring, is like giving these bad drivers \$500 in cash. It may seem to solve their problem, but for many, it will just be a temporary fix; masking **even deeper problems** that can lead to severe consequences down the road, including Sleep Apnea.

Other Reasons to Just Say NO to Snoring Surgery

Again, we return to the unfortunately familiar theme that surgery has become an easy first option for many physicians who, for a variety of reasons (including, sometimes, financial ones) find themselves recommending surgery as an almost *off the cuff* solution to a serious snoring problem.

Sometimes, what is lost in this snoring surgical-obsession are some very basic and established risks. For those who are not immediately familiar with such risks, they include:

- post-operative medical conditions, including aesthetic and cosmetic concerns
- infection from hospitals (including the emerging antibiotic-resistant “superbugs”
- scarring of tissues that can lead to painful inflammation
- expensive follow-up to surgery
- time consuming follow-up which may cause extended periods of leave from work (potentially adding to the overall cost of the salary in lost wages/salary)
- expensive medications to control swelling
- possible damage to speech, including changing voice
- possible problems with swallowing
- possible hemorrhaging
- possible uncomfortable and distracting dry mouth
- possible intense ear pain

Snoring Surgery Reviews

It’s necessary and well-worth repeating (sorry, but it is...) that, overall, surgery is often a truly wondrous means of solving, or at least alleviating, some serious health problems.

Nobody wants to return to a pre-surgical world, where procedures that are swiftly addressed today would otherwise render a sufferer in agony for years; or perhaps even hasten an early death.

So it should not be surmised that the view in this book is that surgery is inherently bad; because it's not. *But surgery is simply a tool, and one that should be used only when necessary* (not unlike any other tool).

The problem is that some people rely on surgery as an automatic fix. What's that old saying: *if all you have is a hammer in your hand, then everything looks like a nail*? For some people, this is regrettably true when it comes to surgery; every health ailment that they see is worthy of *surgery*.

Yet these same people would probably seriously reconsider their views when faced with the substantiated evidence that surgery is not often working for snorers (and their loved ones).

On the following page is a rundown of the most common snoring surgeries; and why they aren't working as well as people *expect* them to.

Name of Surgery	Designed to...	Reported Problems...
Tracheostomy	Create an opening in the trachea (sometimes this is called a tracheotomy)	<ul style="list-style-type: none"> ✗ irritating to tissues and possible scarring ✗ requires follow-up surgery ✗ nasal secretions can clog air pipe and lead to breathing difficulties
UPPP (Uvulopalatopharyngoplasty)	expand the airway and end snoring	<ul style="list-style-type: none"> ✗ expensive ✗ may require follow-up surgery of obstruction occurs again ✗ post-operation infection ✗ possible speech defects ✗ higher than normal hemorrhage risk ✗ swallowing problems ✗ not effective for Sleep Apnea

Name of Surgery	Designed to...	Reported Problems...
LAUP (Laser Assisted Uvuloplasty)	Uses lasers to remove uvula and obstructing tissues, without removing tonsils or lateral tissues	<ul style="list-style-type: none"> ✗ dry mouth ✗ Changes to voice (to be avoided by people who require their voice to earn their living!) ✗ pain in the ears ✗ unpredictable success rate ✗ can mask deeper problems and/or lead to new complications
CAPSO (Cautery-assisted palatal stiffening operation)	Burns the palate in order to stiffen it against vibration, and removes the mucosa along the uvula.	<ul style="list-style-type: none"> ✗ post-operation discomfort and pain ✗ currently in experimental stages (unproven) ✗ difficulty predicting if surgery will be successful ✗ expensive

And there are a few new surgical options that are gaining some attention, including somnoplasty and snoreplasty. Like CAP SO, these procedures are unproven and the success rate, and long-term impact, is not yet known.

Overall, then, while snoring surgery *can* be useful and effective for some sufferers (and their families, roommates, neighbors, heck, even their pets!), it's clear that surgery has *not* proven to a panacea, offering risk-free *cures* for this dangerous, and potentially life-affecting condition.

Fortunately, however, there are some proven non-surgical remedies – some quite old and some rather new – that are helping hundreds of millions of people deal effectively, responsibly, and safely with their snoring problem. We now look at several of those non-surgical remedies in Section 4.

SECTION 4: NON-SURGICAL REMEDIES

As noted previously, there is a range of proven and effective methods to stop snoring that *don't* involve surgery of any kind. This is welcome news to those who wish to seek a non-surgical alternative for any number of reasons, including:

- the high cost of surgery
- the vulnerability to post-surgery complications
- potential post-surgery side effects (noted in Section 3)
- potential medication requirements that can have additional side effects
- potential masking of other problems, of which snoring was a symptom, not a cause

In this section, we'll look at key categories of non-surgical snoring treatment options. These categories are:

1. Drug Therapies
2. Devices
3. Appliances

4. Lifestyle Changes: Diet
5. Lifestyle Changes: Exercise
6. Sleeping Positions
7. Alternative Therapies

While any of these treatments may be effective, and possibly more than one (since some of them are closely related), it's critically important that you monitor your snoring to ensure that you are making measurable progress towards your (or your partners!) stop-snoring goals.

In other words: some of these non-surgical treatments might work better for you than others; and it's important that you carefully investigate your options fully in order to find the solution that works best for you.

Drug Therapies

For many people, medically prescribed pharmaceuticals and drugs provide some relief from snoring, and snoring-related complications.

Essentially, these drugs endeavor to achieve three things:

- open the nasal passage
- stimulate respiration
- prevent the deep occurrence of Rapid Eye Movement (R.E.M.) sleep

As you can well imagine, there are some pretty significant concerns that come to mind when looking at #3 on that list; after all, R.E.M. sleep is vital to the body's restorative process, and people who are chronically unable to achieve the R.E.M. state during sleep often experience an array of health problems, including emotional and psychological dysfunctions.

However, some anti-snoring drugs do try to limit the depths to which a snorer can enter the R.E.M. phase of sleep, thereby alleviating some of the deep, *over*-relaxation that occurs in the body; particularly in the throat area.

Recall that one of the reasons alcohol and sedatives promote and/or enhance snoring is because they over-relax the body (i.e. the body becomes relaxed beyond its optimal level; the last time you tried to wake up a drunk person should remind you of this basic fact of human biology). In the same way, some medications, to some degree, aim to prevent *deep, deep* R.E.M. sleep.

Some drugs are available over-the-counter; in particular, those designed to un-clog nasal passageways. These are typically designed for people suffering from a cold or flu, but some snorers find relief from using these decongestants and antihistamines.

It's also worth mentioning *saline sprays*, which are not drugs at all (it's just salt water), but are often included in this category because they're often found at drug stores. Saline sprays help keep the mucus membranes moist, and thus cut down on vibration by keeping the airway open and unclogged.

Devices

Anti-snoring devices range from the very simple, to the somewhat complex. The majority of devices are available in drug stores or through direct mail (postal or Internet/e-commerce). The most common and effective devices are described below.

- **The “Sandler” Pillow™**

A popular non-surgical device used to alleviate snoring is called The Sandler pillow (named after its inventor). This pillow, by design, compels the sleeper to sleep on his/her side. Since sleeping on the side generally closes the mouth, this can prevent some kinds of mild snoring from occurring (the vibration is still there, but the snoring does not escape the mouth).

- **The Snore Ball**

Invented in the early 20th century, the snore ball has undergone a series of advancements, and modern versions are available today. Snore balls are devices that the snorer puts on their back while sleeping (i.e. putting it in a pouch on the back of their pajamas). When these people move to sleep on their back – and thus generally open their mouths while the sleep and emit loud snoring – the snore ball gives them a *wake up call* of discomfort.

As you can easily imagine, the snore ball is *not* the most painless of options; yet for some people, it's all they need; particularly for those who don't toss and turn a lot during sleep, and simply need a bit of a nudge to return back to a side-sleeping position.

Some people actually construct their own snore balls out of tennis balls, golf balls, baseballs, or anything that can reasonably fit into a pajama pocket. Over time, many people who use snore balls find that they habitually sleep on their side, and hence, the snore ball becomes redundant and can be saved for the next snorer in the family!

- **Sleep Position Monitor**

These interesting electronic devices aren't quite as painful as sleep balls can be, but they endeavor to achieve the same goal. A beeping noise begins to emit whenever a snorer shifts to where they are sleeping on their back (and hence the mouth typically opens and more/louder snoring occurs).

Of course, this beeping can be rather annoying to those in the home that *aren't* snoring. However, just like snore balls, sleep position monitors are meant to create new habits, and can be removed once a snorer habitually begins to sleep on their side.

- **Nasal Strips**

Nasal strips, which are used to widen the nasal valve and thus open up the airway to the throat and lungs, are extremely popular anti-snoring remedies. These strips are made (usually) of plastic, adhere to the nose, and are worn throughout the night. Some people may notice that football players, hockey players, and basketball players wear nasal strips while performing their sport, in order to keep the airway open and promote maximum respiration efficiency.

Nasal strips are available without a prescription, are applied topically and thus have no internal impact (i.e. they are not medicated), and can be cost effective when purchased in bulk.

Some non-snorers have actually begun using nasal strips after their snoring partners found relief through them; generally speaking, they can help promote better airflow and are often recommended by doctors for patients looking for more restful sleep and/or better respiration efficiency. (More oxygen intake, more carbon dioxide expulsion).

- **Nasal Dilators**

Nasal dilators are most often made of plastic or stainless steel coil, and are inserted into the nostrils during sleep. The impact of these dilators is that they help keep the airway open (similar to nasal strips), and thus cut down on vibration that leads to snoring.

- **Throat Sprays**

Throat Sprays work somewhat like saline sprays, yet instead of salt water, they deliver natural lubricating oils to the back of the throat. This can dramatically reduce the amount of vibrations that occur in the trachea during sleep, and thus effectively diminish (if not outright end) snoring.

Similar to nasal strips, throat sprays are fairly low cost, mobile, and can be purchased in bulk. It should also be noted that throat sprays, if used too frequently, can actually cause throat irritation. This can ironically lead to *more* snoring!

As such, users to ensure that they follow the recommended daily dose, and resist exceeding them without approval of a medical professional (or perhaps, upon a doctor's recommendation, upgrading to a more potent throat spray).

- **Snore Stopper™**

A rather effective non-surgical anti-snoring device that has a lot of people buzzing is called the Snore Stopper. There are a few variations of this device:

- it can be worn around the arm, and provides a little jab of electricity (feels like a small pinch) when the sound of snoring is sensed
- It can be worn around the wrist instead of the arm (but the same pinch is there!)
- It can be used to stimulate tongue muscles, which forces them to contract; and ultimately, to open up the airway (at least a little).

Ongoing studies on the effectiveness of electronic stimulators are further verifying their effectiveness and suitability for all snorers.

Appliances

Appliances are mechanisms that are worn inside the mouth and either work on the jaw, the tongue, the palates, or in some cases, all three. The most popular and effective are noted below.

- **Oral Appliances**

A number of oral appliances (brand names include The Silencer™ and the Equalizer™) are designed by medical professionals (including dentists) are available on the market, and are currently being used with success by millions of people around the world.

Oral appliances, which act either on the tongue or the jaw, are crafted to achieve a few main anti-snoring goals:

- Keep the mouth shut, and thus prevent the emission of the snoring sound (due to vibration in the trachea)
- Push the jaw slightly forward, thus preventing the tongue from falling backwards during deep sleep and thus obstructing the airway.
- Enlarge the airway itself and enable a smoother inhale/exhale, thus reducing vibration

Some oral appliances are available over-the-counter in drug and health stores, but for serious snorers, a custom-fitted appliance is usually required (usually by a dentist).

Generally, oral appliances are most often sought out by those for whom other solutions don't work; such as devices (listed above), or some non-prescription/not-medicated remedies, such as saline solution. Snorers who opt for appliances, in consultation with their dentist, may decide to wear one throughout the night, or just for small periods of time during sleep.

- **Tongue Retraining Appliances**

Tongue retraining appliances (sometimes called Tongue Retraining Devices, or TRDs), were developed in the early 1980s and designed to move the tongue forward, and thus alleviate any obstruction to the airway.

These appliances use suction power to literally hold the tongue away from the airflow for several hours; thus preventing the tongue from casually returning to its *trained* position, which is blocking the airway.

Tongue retraining appliances are used by snorers who simply can't (or won't!) sleep on their side (a sleep position in which the mouth stays generally closed). They are arguably *not* the most comfortable things to sleep with, but they can prove to be quite effective.

- **Mandibular Advancement Appliances (MAAs)**

Also called “Mandibular Advancement Splints”, MAAs are very popular anti-snoring appliances. These appliances look like traditional athletic mouth guards, and are used to keep the jaw in place and prevent it from *falling back* during sleep, and thus blocking the airway.

Different models of MAAs are available (most of them are made of acrylic), and they usually require custom construction by a qualified dental professional. As such, MAAs can be a bit on the pricey side (as compared to some other non-surgical solutions we're looking at in this book).

However, when one factors in the *hidden costs* of snoring, including the emotional and psychological pain that it can cause an entire family, then the investment seems rather sound to a number of people!

- **Thronton Adjustable Positioners (TAPs)**

Created by Dr. Keith Thornton in the mid 1990s, TAPs are considered to be on the *higher end* of the anti-snoring appliance spectrum, especially since some adjustments can be made by the actual snorer, and the material can be made of titanium. The Silencer™ is a popular brand name for a TAP that is receiving some positive feedback.

TAPs, similar to MAAs (discussed above), push the lower jaw forward and thus keep the tongue from blocking the airway to the lungs (and subsequently preventing noise-causing vibration).

- **Palate Lifters**

An interesting anti-snoring appliance that is generating some attention are palate lifters, which are sometimes called lip shields and lip lifters. These appliances expand the palate, and thus reduce vibration in the airway.

Some opinion suggests that there is of yet a lack of clinical evidence to determine the efficacy and suitability of palate lifters.

However, this doesn't mean that it's not a potentially safe and effective solution. As more research is done, and more snorers work with their doctor and/or dentist to access

this potential solution, more quality information will become available upon which to make a decision.

- **Continuous Positive Airway Pressure (CPAP)**

CPAP is the most popular treatment for people suffering from Sleep Apnea (described earlier in this book). Created in the 1980s, CPAP looks a bit like an oxygen mask, and helps maintain a free flowing respiration. Individuals who have gone to sleep clinics to treat Sleep Apnea will certainly be familiar with this apparatus.

CPAP's come in a range of sizes, and (not unlike laptop computers); some are easier to carry around than others. However, as you can guess the lighter and more modern the CPAP, the higher the price tag. Some people, too, are a bit reluctant to wear this kind of appliance (which looks rather intimidating to some) while they sleep.

CPAP's also help control blood pressure during sleep, which is a very valuable benefit (on top of the ceasing or reduction of snoring). For enhanced effectiveness, CPAP's can sometimes be used in conjunction with other methods noted in this book, such as throat sprays, nasal strips, and humidifiers.

Lifestyle Changes: Diet

- **Allergy Alert!**

Surprisingly, many people aren't entirely sure of *what* they're allergic to! It sounds strange, and yes, people are typically aware of the major things that they're allergic to, but the minor things – the things that promote congestion, runny eyes, and minor breathing difficulty – are often neglected.

The idea here is to carefully monitor any adverse reactions that you might have to food, drink, or anything at all (including pets!). Anything that leads to congestion *can enhance snoring*.

So if, for example, you discover that an hour after you drink milk you feel *stuffy*, then watch out if you're a snorer! Simply changing your diet around, or in this case choosing to avoid milk – or at least not drink it close to bedtime – could substantially improve your snoring problem.

For people with some fruit allergies, vitamin C can be a significant irritant. People should monitor their reactions when taking vitamin C in both supplement and direct form (through fruit or juice). Other foods that can lead to excess snoring are noted below in the “Eating Right” section.

- **Weight Loss**

As discussed earlier in this book, excess weight can contribute to snoring, as excess skin in the neck area provides more flesh/tissue for air to vibrate against.

In light of this, losing weight can not only lead to profound health improvement and lowering the risk of a dizzying array of problems (such as heart disease and stroke), but it can also lead to a snore-free life; a nice bonus indeed!

- **Eating Right**

We’ve already noted that some foods can enhance congestion (which would possibly be:

- ✕ dairy products
- ✕ fried foods
- ✕ chocolate
- ✕ frozen foods
- ✕ some baked goods (e.g. pizza)

Generally, these foods should be avoided by snorers; or, at least, they should not be consumed near bedtime.

We’ve also noted that excess weight can lead to snoring, as it has the dual effect of enlarging the flesh of the neck (thus providing more tissue/skin for the air to vibrate against), and reduce efficiency of the lungs, thus requiring the body to compensate by pushing *harder* to expel carbon dioxide (thereby increasing the force of wind through the airway).

However, there are some foods that are purported to be *good* for snorers; which means, of course, that they can possibly help alleviate some degree of snoring; or perhaps wipe it out completely! (Hey, it’s *possible*!). These anti-snore-friendly foods (i.e. foods that tone the trachea) include:

- ✓ mustard greens
- ✓ pears
- ✓ thyme
- ✓ horseradish
- ✓ onions
- ✓ garlic
- ✓ leeks
- ✓ scallions
- ✓ lobster
- ✓ seaweed

• **Healthy Living**

Generally speaking, a healthy lifestyle is conducive to *not* snoring. Of course, there are exceptions, and many factors (such as hereditary, environment, and other health ailments) can lead to snoring despite an attempt to live and eat well.

Mindful of this, the following healthy living suggestions could help alleviate or outright cease some forms of snoring:

- avoiding alcohol (promotes too much relaxation of the trachea)
- avoiding sleeping pills (same as above)
- quitting smoking (can irritate the trachea and lead to congestion)
- avoiding caffeine and other diuretics (dehydration can lead to respiratory problems)

Of course, it's also important to note that there is (as yet) no *magic food* that will alleviate snoring. So beware of any advice, brands, or food products that promise an end to snoring!

Lifestyle Changes: Exercise

- **Throat Exercises**

Exercises that help strengthen and tone the muscles in the throat can help alleviate snoring and, in some cases, actually get rid of it altogether. Here are three simple ways of improving throat strength/toning throat muscles:

- Take a pencil and hold it between the teeth for up to 5 minutes. The grip should be firm, but not painful at all.
- Take your finger and gently press against your chin for a few minutes (no more than 3).
- Push your tongue against your lower row of teeth for about five minutes.

These exercises should be performed just before bedtime, and no strain should occur. It should not at all be a painful experience! The goal is simply to retrain some of the throat muscles that have lost their tone through a variety of factors, including age itself. Any or all of the above exercises should help tighten the neck muscles, and thus lead to less airway vibration (and subsequent snoring).

Additional exercises that help tone the overall body can also help with snoring. There are a number of factors, however, that will determine if the fat that has gathered around the neck is actually going to reduce; if an individual is genetically predisposed to acquire fat in that area, it could last for quite a while.

However, *some* improvement in muscle tone should lead to an improvement in snoring; at least, perhaps, in the reduction of noise. While this may not be the ideal solution, it can be a step in the right direction.

- **Throat Muscle Toners**

Throat muscle toners help strengthen the muscles in the throat, thus reducing some of the loose skin and hanging tissue that can lead to vibration, and hence, lead to snoring.

These throat muscle toners generally aim to achieve the following:

- restore throat muscle strength
- keep the air channel open
- allow the air to flow to the lungs without any obstruction

Muscle toners are, like most non-surgical devices, un-medicated, non-habit forming, and generally inexpensive. Throat muscle toners come in a variety of sizes, shapes, and even colors to suit individual preferences and requirements.

Sleeping Position and Sleep Factors

Snoring is widely considered a sleep disorder; both for the trouble that it (potentially) causes the snorer, and the trouble that (almost always!) causes those around the snorer. Therefore, an effective target in the battle against snoring is sleep itself.

There are two areas that can be focused upon to potentially help prevent (or lessen) snoring: sleep position, and sleep factors.

- **Sleep Position**

Many snorers have found surprising relief from simply putting something under their chin as they sleep; either their hand, or a pillow, or even a rolled up sock. This can help *firm up* the neck muscles; or at least, give the impression that this is happening. The bottom line is that since there is less loose skin (and thus tissue) that can vibrate against air in the trachea, there is less snoring.

Putting a pillow beneath the small of the back, and thus propping up the abdomen, is both extremely comfortable, and also an effective remedy for some snorers. This position helps open up the airway, and expand the lungs.

For those snorers who snore predominantly through their mouth, it might be helpful to learn that sleeping on one's side helps keep the mouth closed. However, many snorers actually snore out of *both* their mouth and nose, and this may not solve the problem. It may, however, lessen it somewhat; which, at least in the big picture, is a positive step!

Sleep Environment

The room in which a snorer sleeps can also play a factor in whether snoring occurs. This is quite a surprise to most people, who are convinced that snoring is a purely internal biological process.

In other words, they think that they'd snore *on the moon* if that's where they slept, or in the middle of a desert, or on an island in the South Pacific. Maybe some people would; but some wouldn't, because environmental factors can indeed play a role in reducing (or increasing) snoring.

For example, a room that is humid will typically help alleviate snoring. Dry air can cause nasal and airway congestion that can lead to vibration and snoring. If you live in a dry area, a humidifier can make a massive difference. This is especially true to so-called *seasonal snorers* who tend to snore during the winter months (when the air is typically dryer).

Ionizers, which emit negative ions in the air (and thus clean the air, similar to how rain, which is full of negative ions, cleans the air), have also been used by some snorers to help alleviate some snoring.

A darker room and stopping external noise can actually help stress as well; which is a big surprise to some non-snorers who keep the TV or radio on at night simply to try and drown out the lawnmower that they happen to be sleeping next to.

The quality of sleep can be negatively influenced by external light and sound; and this can lead to stress. While it may seem quite counter-intuitive, people may wish to experiment for a few days or weeks of sleeping with no TV, no light, and no external distractions. While at first it may just seem like the snoring becomes louder, in a short while, it may actually subside.

Alternative Therapies

There are several alternative remedies – some ancient, some fairly new, and some in-between – that have provided snoring relief for countless people around the world.

Many of these alternative medicines are not *alternative* at all in parts of the eastern world; in fact, in some countries (such as India, China, and Russia), some of these remedies are quite mainstream, and if you travel to those countries you'll quite easily find many of these solutions in use.

In the western world, particularly the United States and Canada, practitioners of these alternative medicines are emerging quite rapidly. Educational institutions are quickly developing certification programs, and standards organizations are developing frameworks within which to help responsibly guide and develop these alternative therapies.

If you're interested in learning more about these therapies, a quick Internet scan, or a visit to a holistic health shop (or probably any health store) will most often lead to some quality information, both referrals and literature. Some of the most popular anti-snoring alternative remedies are noted below.

- **Warm Beverages Before Bedtime**

Drinking warm beverage just before bedtime has proven to be effective for a number of snorers. Adding a small amount of honey to the water can help coat the walls of the trachea. Some people have even found that combining honey, warm water, and apple cider vinegar creates a rather potent, yet non-addictive and non-fattening anti-snoring drink.

Herbal tea, particularly the kind labeled "Breathe Easy" (or anything that promotes an unclogged airway) can help prevent snoring. Some of these teas can also contain chamomile or other herbs that promote sleeping.

Bear in mind, however, that if the snorer becomes *too* relaxed, then while sleep may occur quite readily, it's important to remember that sleep isn't the problem: snoring is the problem! So don't necessarily choose herbal teas that promote drowsiness or "sleepiness"; for snorers, any herbal tea that will clear the airflow/trachea should help alleviate some snoring.

- **Relaxation Techniques**

As noted above, stress can be a factor in causing snoring. We've discussed how reducing external stress, in the form of sound and light, can potentially help alleviate snoring (as strange as that may seem). Yet in addition to this, there are (of course) other forms of stress: the kind that builds up at our jobs, or while we're stuck in traffic, or filling out our tax returns, and so on.

This kind of stress can be equally damaging to the snorer; and various relaxation techniques, such as:

- Tai Chi
- Yoga
- Medication
- Reiki
- gentle massage
- relaxing music

These treatments can also help treat other ailments that may or may not be linked to snoring, including lung problems, obesity, and more.

- **Homeopathic Medication**

Homeopathic medicines have been used for centuries to deal with a wide range of health concerns, including snoring. A popular homeopathic medicine under the trade name *Snore Stop*[™] is proving to be effective for some snorers by dissolving secretions in the nose and throat, thus opening up the airway.

Another popular homeopathic nose drop called Y-Snore[™] is also receiving some critical acclaim from snorers and non-snorers alike. Y-Snore is a mild, non-addictive decongestant, which helps open up the nasal passage and thus inhibits/prevents airflow vibration in the trachea during sleep.

- **Magnetic Therapy**

Though not yet widely known in the west, magnetic therapy is extremely common in other parts of the world, particularly in China. Magnetic therapy can potentially help snorers by stimulating the nerves in the nose, thereby opening up the airway to the throat, and cutting down on potential vibration (and thus snoring).

Magnets can also be applied to the entire body (i.e. not just focused on the nose) to help stimulate nerves and body processes that can indirectly help deal with snoring.

For example, some people have relied upon magnetic therapy as a part of an overall weight-loss program. Since excess weight/obesity is often linked with snoring, magnetic therapy can, ultimately, help treat and/or reduce snoring.

A nose ring with earth magnets (under the brand name Snore Free™) has received some positive feedback from those who have used it to open the nasal passage.

- **Hypnosis**

Believe it or not, but hypnosis has been suggested as a remedy for some people. It has not, however, been widely accepted as a potential solution; and as such, it does not get an expanded discussion in this book. However, I would be remiss not to note that many people are in fact relying upon hypnosis to deal with a number of health ailments, including snoring.

- **Addition Alternative Therapies**

In addition, there are numerous alternative therapies that are generating growing attention as potential anti-snoring options. These additional alternative therapies include: the use of crystals and gems, light therapy, and color therapy.

The efficacy of these potential solutions is being tested, and scientific research on these methods is not yet well established; and hence, we will not explore them further in this book. However, this does not mean that they lack promise; for they do.

As any snorer – or someone who lives with a snorer – will attest, *anything* that promises a healthy, long-term, safe, and surgery-free solution to snoring is a good idea, no matter how far fetched that idea may seem today!

CONCLUSION

As you know, snoring is a serious problem; both for snorers, and for those who live with (and love!) snorers. And you also know, in case you had any doubt when you started this book, that snoring is somewhat more serious than it may appear; those happy floating Z's aren't quite so harmless after all!

Yet, as the old saying goes: *knowing is half the battle*; and you now know, beyond a doubt, that snoring can be treated *without* resorting to surgical methods.

Remember, too, that this doesn't mean that surgery is inherently bad; of course it isn't. It has its place; though, for many snorers, that place *isn't* at the top of their "possible solutions" list. Instead, taking up at least the first *dozen* spots can be the array of non-surgical solutions that have been provided in this book.

The next step for you (whether you're a snorer, or reading this to help the snoring of someone you live with) is to explore further the particular non-surgical options that could make a lasting impact in your (or your snorer's) life.

Here is a quick recap of the numerous non-surgical remedies that can literally transform an unbearable problem into a non-issue *almost immediately*!

- ✓ Drug therapies (both medicated and "pseudo" medicated, such as saline sprays)
- ✓ Monitoring potential food allergies that lead to congestion and breathing difficulties
- ✓ Losing excess weight to tone the skin around the neck and chin
- ✓ Using the Sandler Pillow to shift sleeping position
- ✓ Using Nasal Sprays to open up the airway
- ✓ Using Nasal Dilators to open up the airway
- ✓ Using Snore Balls to prevent sleeping on the back
- ✓ Using a Sleep Position monitor to prevent sleeping on the back
- ✓ Using a Mandible Advancement Appliance (MAA) to move the jaw back and open up the airway

- ✓ Using a Tongue Retraining Appliance/Tongue Retraining Device (TRD) to prevent the tongue from habitually shifting back to its obstructive position
- ✓ Using a Thornton Adjustable Appliance (TAA) to adjust the jaw so that the airway stays open
- ✓ Using a Palate Lifter to prevent the soft tissue from obstructing the airway and thus leading to snoring
- ✓ Using a CPAP appliance to open the airway
- ✓ Using a “Snore Stopper” device to remind the snorer when he/she is sleeping on his/her back
- ✓ Performing simple and effective throat exercises
- ✓ Creating a soothing and stress free sleeping environment
- ✓ Taking advantage of an array of alternative therapy options, including homeopathic, naturopathic, Chinese medicine, magnetic therapy, and other promising treatment options

As always, it’s necessary that you use your own judgment and *common sense* when researching and possibly purchasing and using an anti-snoring product and/or service (such as acupuncture, for example).

It’s also good advice to obtain several opinions to ensure that well-meaning medical experts are not unintentionally persuading to pick a particular option that works best for *them*.

The solution that you choose for yourself, or for someone that you live with, must be unique and suited to your (or your *beloved snorer’s*) specific lifestyle needs, preferences, and tolerances. For example, some people simply *won’t* be able to use a snore ball; but nasal strips could be their (and your!) ticket out of sleeping madness.

Talk to medical professionals, and read product reviews; remember, too, that even within a particular device or remedy, several different brands may exist, and each one may offer something slightly different (i.e. the device may be available in different materials, the spray may be available in different potencies, and so on).

Clearly, as you know now, there are a myriad of non-surgical anti-snoring choices waiting for you to explore, and to benefit from for the long-term (snore free) future.

Knowing really is half the battle; the other half is taking action. Now, armed with the knowledge that you need to move ahead, you can plan your solutions, and see the light at the end of that tunnel of Z's.

WEBSITES FOR FURTHER INFORMATION

Several informative websites provide medically sound information that can help you develop a more accurate understanding of what snoring is, and potential treatment options.

If you decide to *surf the net* and find more information related to snoring, please do keep in mind that some websites are sponsored by medical companies or have other interests. This, of course, doesn't necessarily mean that the information these sites provide is not useful or discredited. It just means that it's wise to ensure that the information you're reading is objective.

To that end, the websites provided below are exclusively government and/or non-profit institution administered. They are provided in alphabetical order (i.e. they are not ranked).

Website	Address	Description
Help guide	www.helpguide.org/aging/snoring.htm	Help guide is a useful, non-commercial website that provides snoring information. Tips for treatment and strategies for coping with a snorer are provided.

Website	Address	Description
Medline Plus (by the US. National Library of Medicine and the U.S. National Institutes of Health)	www.nlm.nih.gov/medlineplus/snoring.htm	Medline Plus provides easy-to-understand information on snoring, as well as links to articles and organizations that can provide more focused information (e.g. snoring for children, Sleep Apnea, etc.).
National Sleep Foundation	www.sleepfoundation.org	The National Sleep Foundation is a nonprofit organization that (as you guessed) provides all kinds of sleep-related information, including a section on snoring and Sleep Apnea.

Website	Address	Description
Web-Based Health and Education Foundation (WHEF)	www.healthandage.com	Healthandage.com (funded by the non-profit organization WHEF) provides a variety of snoring and sleep-related documents via its “Sleep Disorder Center” (choose “Health Centers from the menu on the left, and then “Sleep Disorders) from the menu on the right).
World Federation of Sleep Research & Sleep Medicine Societies	www.wfsrms.org/index.aspx	A number of national sleep research centers, including those in the US, Canada, Europe, Australia, and Asia, are affiliated with this “umbrella” federation. You can find research materials on virtually every aspect of sleep/sleep disorders, and links to national sleep federation websites