

Who 'Nose' about Snoring?!

One common question amongst people who snore is "why is this happening to me?" and because chronic snoring indulges hilarity for those fortunate enough to live without the condition, many go on suffering without talking about, or taking steps to reduce, the problem. The simple truth is that snoring whilst attempting to go to sleep at night indicates the victim has a partially blocked airway causing vibrations which then lead to the harsh sounds most people would associate with this condition.

It is thought that nearly 7 million people in Britain snore in bed at night and experts believe the condition is more common amongst those aged over 60. Many people view snoring as a harmless condition which you either have or you don't! However, it can have adverse affects on one's lifestyle if no attempt is made to curb the severity of the circumstances. So what is it that causes snoring?

People who snore do so at varying intensities and factors dictating the strength of the problematic vibrations can include the amount of air passing through the windpipe, the weight of the victim, the size of their neck or if they drink and / or smoke heavily. All these situations contribute towards a noisy night on the [mattress](#), and it is not just people trying to sleep in the same room (or even in the same house!) who are affected.

Snoring can be a sign of sleep apnoea, however, not everybody who snores will have this potentially dangerous condition which seriously hampers the victims ability to breathe when laid down. If you've been told your snoring is very loud it may well be worth getting checked out by a medical professional for sleep apnoea. Although there is no direct cure for snoring, there are steps one can take to reduce the negative effects the condition can have on your lifestyle.

There are no direct health hazards from snoring although it can have knock - on effects when it leaves you tired at work the following day. Medical professionals have given a few bits of practical advice to minimize how snoring could be negatively affecting your lifestyle leaving you fatigued. Firstly, you can buy a product from most pharmacies called a nasal strip. This will gently open your nasal passages during sleep allowing for easier breathing which in turn will reduce the possibility of you keeping yourself awake all night.

About the Author

One of the most effective ways to stop snoring is to lose weight. This helps to cut down on fatty deposits in your throat which therefore improves your airflow, moderating the volume of your snoring or even nullifying it altogether. Cutting back on the alcohol and cigarettes (especially right before [bed](#)) will also do you no harm whatsoever. It will also prolongs the life of [mattresses](#) because they won't stink of smoke if you cut out that smoke right before bed! Finally, it is important to consult your doctor if you (or your partner) become concerned about your snoring.

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