

Snoring Related To Women

Women who [snore](#) are more likely to be embarrassed by their snoring than men, especially in front of their spouse or boyfriend. Not only is your sleep disrupted throughout the night, but disturbs your spouse or partner too. There are even cases of the snoring women keeping other family or household members awake throughout the nights on a regular basis, which means overall sleep deprivation for the complete household. Apartments have thin walls and even neighbors can become accidentally a little too intimate. [Snoring](#) loudly may not seem enough, but think how snoring can affect your health.

It has now been proven through research that there are serious health risks directly related to [snoring issues](#) and women. Serious health issues can happen no matter the gender the only differences are that the health risks just vary for the dangers within gender comparisons. Some of the findings through studies found that 33 increase between women who snore and these elevated risks.

If you are a woman, who would like to cut down on these snoring related risk factors right away, then there are some immediate steps that you can take. The first question is to ask yourself if you are a little overweight or badly obese. The more overweight you are as a woman then the odds are higher with you being a high risk woman who snores. There are several reasons for this, but one huge reason is that the weight adds on everywhere, including your throat and neck area. This extra weight is a direct contributing factor for blocking of the airway passages.

Another very important factor to curb snoring in women and in men too, is to not drink any type of alcoholic beverages or to take any kind of non-prescription or prescription medications directly before bedtime. If you are a smoker, then do your best to stop or at least cut back. Due to snoring or not, being overweight, drinking excessively or smoking are all very bad health habits and need to be stopped for many reasons besides snoring habits.

Snoring is also genetically related, so by going through your family tree of health similarities, you can explore the similarities between you and other family members who snore. This type of vital background really helps to shed the light on what exactly you should specifically look out for in your future. It could be that by just changing the way you are living will be how you solve your snoring, and also make for a better daily life all the way around.

About the Author

Renee Moller writes articles on many health care and snoring related topics including <http://www.asonor.com>, <http://snore-treatment.blogspot.com>, and <http://snoring.typepad.com>

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