

Looking for Effective Ways To Stop Snoring?

Before your partner or spouse moves out of the bedroom because of your [snoring](#), it is best to start doing something even if you think that it is not a real nuisance to you. There are many ways to [cure snoring](#), especially in milder cases that have not reached the levels of sleep apnea. If at all possible, finding the main reason to snoring is always a means to an end, but until you have got that one figured out, it might make more sense to find an effective method to ease the snoring problem.

To start with, change your sleeping position by making sure that you do not sleep on your back at night. Pillow propping in the back and the front of you can be a big help in keeping you on your side throughout the night. By staying on your side, you are better keeping your throat passages clearer so to not have any obstruction in the soft tissue areas where your nose and throat connect up at.

If you really do not like sleeping on your side, you can choose to prop up your upper body only by the means of pillows under your upper torso area or raise the upper end of the bed with planks or books for a raised top end of your bed without having to worry about keeping yourself in certain positions throughout the night. There are also special memory foam pillows for your head to keep in better breathing positions, but be prepared to pay good money for the cost of your pillow. They are not cheap, but if they help or not, they are worth it for the comfort of your head and neck alone.

Some natural remedies are to use throat sprays or to gargle with mint mouth wash directly before going to bed. Both of these methods are great for de-flaming your throat passages for better breathing. These are both good choices if you are having bouts of allergies or colds and they are safe methods of choice to use for as long as you want. Many of the sprays have vitamins along with being herbal, so no harm can be done with prolonged use. Another method for reducing snoring is to drink herbal teas such as nettle tea as has anti-inflammatory feature.

There are also nose drops and nasal sprays that will clear nasal passages for air to easier flow through. These are most always natural sprays or drops and are even made in a mild form just for babies and children. Nose strips that can be bought at any store or pharmacy are also safe for adults and of older kids, and tend to work quite well in keeping the outer nostril areas of the nose open throughout the night for better airflow.

When you think that your snoring might be related to allergens, it is good to make sure and keep your bedroom as dust free as you can by vacuuming that specific room more often, including the curtains or blinds in the room. Change sheets and blankets often and make sure to use non-allergenic fabric washing soaps and softeners along with special hypoallergenic pillows if at all possible.

Keep the pets out and make sure to have a portable air filter system for the most efficiently clean airflow throughout your bedroom. If at all possible, it is best to have clean filter air flow systems throughout your home. Check out the Internet and browse to look up effective snoring remedies that actually work!

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>

Source: <http://www.spivo.com>