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Don't Give Up - Try These Methods To Prevent Snoring

Snoring all but guarantees a sleepless night and it doesn't just impact the person snoring either. Someone who shares their bed with a snorer is in for a restless night. It is hard to believe at first, but some people snore so loud that no one in the entire house can get a good night's sleep. Regardless if you are the snorer or just one of the household members looking for some relief, read on to hear about five ways you can [Prevent Snoring](#) and stop it for good.

Lose Some Weight: Yes, not every snorer is someone who is overweight or obese, but a good percentage of people are. Obesity can lead to a number of health complications, but it is also a common cause of snoring. You snore because your airways are restricted. Excess weight contributes to this restriction because your passageways are narrower. While you will not lose weight overnight, you should notice a decrease in your snoring with each few pounds you lose.

Stop Smoking: It has long been known and said that smoking can lead to a number of health and respiratory problems. However, it also leads to the congestion of the nose and the lungs. This congestion can be the cause of your nightly snoring. Saying you want to quit smoking is a lot easier said than done, start out small if you need to. By the time you are smoke free, you should have already seen a reduction in the frequency of your snoring. Pretty soon, you will be able to completely prevent snoring for good. Even if you aren't a smoker, avoid second-hand smoke.

Change How You Sleep: Snoring is the result of an airway blockage. Often times this blockage is caused by muscles in your mouth or throat that relax too much. They not only block the airway at bit, but make a noise when clanking against the back of the throat. Changing the position of your sleep can reduce the risk of this. Most people see immediate relief by slightly elevating their head or by sleeping on their side (as opposed to the back).

Use Over-the-Counter Products: There are many over-the-counter products designed to prevent snoring. For example, you can buy a snoring pillow, nasal sprays, nasal strips, mouthpieces and more. [Snoring Mouthpieces](#) cost the most money, but they typically have the best results. They are constructed from soft plastic that adjusts your jaw position to prevent your tongue or throat muscles from blocking your windpipe. Nasal strips are popular due to being safe and affordable; they have adhesive backing that lifts up the sides of your nose to give a more open path of air to the lungs and throat.

Talk to Your Doctor: Despite the fact that you should be able to prevent snoring at home, you may be one of those people who take comfort in seeking professional advice from your primary care physician. If this your first step to stop snoring, he or she will go over different methods for you to try. If you have unsuccessfully tried different home-use techniques, surgery may be considered as a last resort.

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