



Stop Snoring Tips

Keep your Nostrils Clear

There are many ways to achieve this. You can buy nasal dilators that go into your nostrils to prevent them collapsing, or nasal strips that stick to the outside of your nose and hold your nostrils open. It's also worth seeing a doctor to check whether a medical problem such as nasal polyps.

Keep your Mouth Closed

Obviously, you can't control the fact that your mouth opens while you sleep. Not by yourself, anyway. What you can do is buy a device that will keep it closed, such as a chin strap.

Eat a smaller portion

Not only will eating larger portions all the time make it more likely that you'll put on weight, a full stomach puts pressure on your chest muscles and makes it difficult for you to breathe normally while you're asleep.

Change your Pillow

A good pillow should align your head with your spine. When it comes to snoring, this could help stop your airways from narrowing or becoming blocked.

The Tennis Ball Trick

Snoring is often more likely if you sleep on your back, particularly if you're a tongue-snorers. Sleeping on your side can help keep your airways open, but how can you make sure you don't roll onto your back after you've nodded off? One trick is to sew a tennis ball into the pocket of an old t-shirt and wear it back-to-front.

Try an Air Humidifier

Dry air can irritate your throat and nose, causing swelling that leads to snoring. An air humidifier is far from the cheapest option on this list, but if your snoring is really causing problems, it's worth testing out.

Eat a Pineapple.

This tropical fruit is one of the best natural sources of bromelain, an enzyme with anti-inflammatory properties. This could help clear your blocked sinuses, while some studies have also claimed it decreases mucus production, which would stop your sinuses from becoming blocked in the first place.

Throat Exercises

Get your throat muscles strong enough that they don't move about so much while you're asleep. Just like training in the gym can build up muscles in your arms and legs, a few vocal exercises can help strengthen your throat.

Stay Hydrated

This doesn't mean you must drink lots of water before bed. That has obvious drawbacks. All you need to do is stay well hydrated throughout the day, which will prevent your airways becoming

Lose Weight

Being overweight or obese makes snoring much more likely. It can result in more fatty tissue around your neck, which closes your airways and makes it harder for air to flow while you sleep.

Visit a Doctor

Whether it's for the sake of your partner or your health, there are plenty of reasons to deal with your snoring. While these tips can help, you can also discuss your problems face-to-face with a doctor and get recommendations specifically tailored to you.



Stay Alert, Stay Safe

[Find out more on Yammer or the Fatigue Reduction site](#)

