

FOUR STRATEGIES TO MINIMIZE SNORING

1

Sleep on your side to counteract the effects of gravity and reduce or eliminate snoring.

2

Normalize your weight to reduce snoring and apnea symptoms.

3

Relieve nasal congestion to help decrease snoring. Nasal sprays can be prescribed by your physician. (Note: Over-the-counter nasal sprays, such as Afrin, should not be used longer than a few days.) Nasal strips which increase nasal air flow may also be beneficial.

4

Avoid alcohol or sleeping pills within four hours of bedtime. Both will cause relaxation of the soft tissues and muscles in the airway and will make sleep apnea or snoring worse.

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