

obstructive sleep apnoea. In this condition, you stop breathing for 10 seconds or more in your sleep, and wake up briefly each time you stop breathing.

[How to stop snoring | Patient](#)

Sleeping on your side may be all you need to do to allow air to flow easily and reduce or stop your snoring. 3. Raise up the head of your bed. Elevating the head of your bed by four inches may help...

[Snoring Remedies: 15 Ways to Stop Snoring](#)

Ways to Stop Snoring Naturally: Try not to sleep on your back. Some people toss and turn all night long, but snoring is often worse when you are sleeping on your back. You can use pillows (like a bulky body pillow) to prevent you from rolling onto your back.

[How to Stop Snoring | American Sleep Association](#)

Bedtime remedies to help you stop snoring Change your sleeping position. . Elevating your head four inches may ease breathing and encourage your tongue and jaw to... Clear nasal passages. . If you have a stuffy nose, rinse sinuses with saline before bed. Using a neti pot, nasal... Keep bedroom air ...

[How to Stop Snoring - HelpGuide.org](#)

Tips to help you (or your partner) stop snoring 1. Sleep in the correct position. Avoid sleeping on your back. If you struggle to remain on your side throughout the... 2. Lose weight. Snoring is more common if you're overweight. Excessive weight, particular around your neck, can narrow... 3. Cut ...

[How to stop snoring - Bupa UK](#)

If your snoring occurs because of nasal or chest congestion, pure peppermint oil can relieve the congestion. It's been shown to be a great essential oil sore throat relief and congestion in the nasal

passageways, which in turn could be how to stop snoring for congestion issues. (3)

[How to Stop Snoring - 11 Remedies that Work! - Dr. Axe](#)

Snoring try to lose weight if you're overweight sleep on your side - try taping or stitching a tennis ball to the back of your sleepwear, or buy a special pillow or bed... consider asking your partner to use earplugs if your snoring affects their sleep

[Snoring - NHS](#)

If you drink alcohol or take sleeping medicines, cut down, especially in the evening. Sleep on your side, and keep your head raised on pillows (one thick pillow, or two thin ones is thought to be best). If you keep rolling onto your back, try pinning a rolled up sock to the back of your nightwear to discourage you from turning over.

[Snoring | Health Information | Bupa UK](#)

Use a special pillow meant to stop snoring. Some patients report sleeping better with an anti-snoring pillow. There are several designs to choose from, such as wedges, cervical support pillows, contour pillows, memory foam pillows, and pillows made for use with sleep apnea.

[3 Ways to Stop Snoring - wikiHow](#)

How to sleep: Snoring can be stopped with these three exercises The NHS says that you may be able to reduce your snoring by losing weight, if you are overweight, and sleeping on your side. It also...

[How to sleep: Stop loud snoring with these three tips ...](#)

Snoring and Sleep Disorders. Snoring can be a significant indicator of Obstructive Sleep Apnea (OSA), which is a common sleep disorder. Sleep apnea (also spelled 'sleep apnoea') occurs when you have one or more pauses in breathing or shallow breaths while you sleep. These breathing pauses can last from a few seconds to a few minutes and may occur 30 times or more per hour, which can mean ...

[How to Stop Snoring - ResSleep](#)

It may be time to switch to your side. Sleeping on your back is a risk factor for snoring, as it can position your tongue towards the back of your throat, thereby blocking your airflow. Switching to side sleeping is often the first line of defense recommended by health experts.

[15 Ways to Stop Snoring Naturally | Tuck Sleep](#)

A mandibular advancement device (MAD), aimed at tongue snorers, are designed to hold the lower and tongue forwards to make more space to breath, preventing snoring 5. If your snoring is causing you to wake up this could be a sign that your breathing is stopping causing obstructive sleep apnoea.

[How To Stop Snoring | Causes & Remedies | Holland & Barrett](#)

If you want to stop snoring, fix your sleep apnea, or have other sleep-related issues, the Sleep Surgery Clinic provides world class treatment in your hometown. Want a better night sleep?

[How To Stop Snoring: UTHSC ENT's New Sleep Apnea Procedure](#)

If lifestyle strategies don't help you stop snoring, see your doctor, a sleep specialist, or an otolaryngologist, who may recommend an overnight sleep test to see whether you have OSA. For primary...

[How to Stop Snoring - Consumer Reports](#)

One simple solution for how to stop snoring naturally is to try changing your position when you sleep. When you lie on your back, the tongue can fall back into the throat, which creates that snoring sound. Sleeping on one's side may be one of the solutions.

[7 Easy Snoring Remedies: How to Stop Snoring](#)

If you want to stop snoring, fix your sleep apnea, or have other sleep-related issues, the Sleep Surgery Clinic provides world class treatment in your hometown. Want a better night sleep?