

## Combat Snoring with These Tips

Let's say you have a snoring habit, and wake most mornings to your partner's cold shoulder. Or, your partner snores and you can't stand one more thunderous night. It's a big problem, but treatment options are available.

Sooner or later in every snorer's life, there comes a day when the condition stops being an annoying habit, and starts being a legitimate problem. You, or your partner, can no longer avoid the issue. Something needs to be done, but what? There are several alternatives that can make a real difference.

**Snore Balls** Many snorers do so simply because of their sleep position. If you sleep while lying on your back, you're more likely to snore. An easy solution is simply to lie on your side, and a simple tennis ball can be just the thing to keep you there. The "snore ball" was originally invented in the early 1900s, although some advancement has been made since then. It's a simple pouch, attached to the back of the pajamas, with balls placed inside. The premise is very basic: the snorer falls asleep on his or her side, but at some point during the night will invariably turn over onto his or her back. With the snore ball in place, the back-sleeping position is practically unbearable. The device usually wakes up the snorer long enough to turn back to the side position and drift once again into a quiet sleep. Snore balls are available to buy, but you can easily make one yourself. Depending upon your personal size preference, you can choose something small like a few marbles or a golf ball, or something bigger like a tennis or baseball. Sew the ball into a cloth pouch, or even a tennis sock, and attach it to the back of the pajamas using safety pins. Many people combat snoring using this inexpensive, non-invasive and easy-to-do treatment.

**Sleep Monitors** A sleep position monitor is a similar alternative way to combat snoring. Not unlike the snore ball, the sleep monitor alerts the snorer when he or she tries to turn onto the back by emitting a loud beeping sound. The problem with this device is that it also alerts the innocent partner. Those who choose the sleep position monitor and sleeping ball do so in the hope that they will eventually become "trained" and will stop rolling on to their backs.

**Nasal Strips** These low-cost, easy-to-use options are available without a prescription at most drug stores. Nasal strips are designed to widen the nasal passages, open the air passageway to the throat, and increase airflow. The plastic adhesive strips are non-medicated, and remain stuck to the nose the entire night. Many athletes also choose to wear nasal strips while playing, practicing and working out, claiming that they are able to breathe and perform more effectively.

**Throat Sprays** Some snorers have also tried throat sprays, with some success. The purpose of the throat spray is to lubricate the back of the throat and lessen the vibrations that cause snoring. However, with overuse the spray can actually irritate the throat and, in turn, encourage more snoring. Therefore, the instructions on the package must be followed very carefully.

Other, more expensive and invasive treatment options are available, but try making these simple solutions your first steps in your efforts to combat snoring.