I can’t sleep because of my partner’s snoring. Any suggestions?

March 19, 2019 By Lucinda K. Porter RN

The healthiest option is for your partner to talk to his/her doctor to address snoring-related problems, such as sleep apnea. Sleep apnea is a potentially serious condition associated with increased risk of heart disease, car accidents and other problems.

In the meantime, try wearing earplugs and/or sleeping with pink or white noise in the background. There are various phone apps you can use to experiment with background noises.

A sleep-deprived partner isn’t healthy or sexy, so some couples find that sleeping in separate bedrooms is the best solution. To learn more about sleep health, check out tips from the National Sleep Foundation.

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http://beta.docker.realhealthmag.com/article/sleep-partners-snoring-suggestions