Snoring Solutions

Put occasional snoring to rest with these treatment tips.

December 1, 2008 By James Wortman

LIFESTYLE CHANGES

A way to end snoring may be as easy as sleeping on your stomach or side to open up your breathing passages. Other remedies include quitting smoking, avoiding alcohol or sedatives late at night and dropping a few pounds to reduce the amount of fatty tissue in your airway.

NASAL STRIPS

These over-the-counter (and over-the-nose) options may help eliminate nasal congestion. If that's the root cause of your snoring, these strips should help you breathe better. Look for them in your local drugstore.

CONTINUOUS POSITIVE AIRWAY PRESSURE (CPAP)

This bedside breathing machine is the real deal. A CPAP blows a stream of compressed air through a face mask in order to force open the breathing passages and reduce airway compression.

DENTAL DEVICES

Sure, it may make you feel like a linebacker, but wearing a dentist-fitted mouth guard can better position your tongue and lower jaw while you sleep.

SURGERY

A wide variety of surgeries can eliminate excess soft tissue in your airway. If there is nasal obstruction, nasal surgery may also be effective. Talk to your doctor about these more invasive options.

© 2026 Smart + Strong All Rights Reserved.

http://beta.docker.realhealthmag.com/article/snoring-treatment-health-15731-8727