

What Causes Snoring?

Plus 5 Proven Ways To Cure It!



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Introduction

In this free report you're going to discover little-known tips and strategies you can use to either rid yourself of snoring for good... or at the minimum be able to easily make the best decision about surgery (something only a tiny percent of snorers may need).

You see, snoring is one of the most overlooked health risks people have today.

In most cases, it's not merely just a disruptive noise, but it has serious consequences on your health and relationships.

Moreover, snoring can be a sign of sleep apnea - a condition where you stop breathing during your sleep. It can lead to a stroke, hypertension, high-blood pressure and many more health related problems.

Despite all of this, most people brush snoring off. It's seen by many as an embarrassment.

This is a HUGE mistake. First, because it has a large impact on your life. But, also because it can often be eliminated very easily.

Most snorers go their entire life with doing anything about their snoring. As a result, their relationships suffer not only because of the constant disruptions every night, but because of the lack of sleep.

When you or your partner don't get enough sleep, then you are not in your best mood or function like you should at work. What's more, a lack of sleep is one of the biggest causes of traffic accidents.

Drowsiness while you at the wheel is just as dangerous as drink driving. Your reactions won't be as sharp and you could even find yourself dropping off.

Simply put, if you want to live to the fullest, then you must get rid of your snoring.

What You Need To Know Before You Can Cure Snoring..

When it comes to snoring, there's one major factor you must determine if you want to get rid of it. You have to discover the cause of your snoring. Otherwise, you're bound to go on a non-stop "treadmill" jumping from one solution to the next!

By finding the cause first, then you can quickly identify the solutions most likely to work for you. You see a common mistake many snorers make when looking for a solution, is to go-ahead and buy anti-snoring devices without understanding that they may not solve the root cause of the problem.

As a result, they often never find one that works for them. This then leads to the question of what exactly is snoring . Simply stated, snoring occurs when your airways become blocked during sleep making it difficult for air to get through.

The air trying to get through then causes the soft tissues in the throat and the back of the mouth to vibrate: These tissues include the soft palate (the soft part at the top and back of the mouth) and the uvula (the long lobe part hanging at the back). You can feel the soft palate with your tongue.

Snoring happens during sleep, instead of when you're awake because your muscles are very relaxed and obstruction is more likely to occur as a result.

5 common obstructions that lead to snoring,

1. **Nasal obstruction.** When your nose is blocked, then you have to breath through your mouth. As a result, you're more likely to snore.
2. **Tongue.** As you fall asleep, you relax and your tongue may fall back in your mouth, blocking your airways.
3. **Fatty dense tissue in the throat.** These can create obstacles, preventing the air from coming through.
4. **Enlarged tonsils** and/or adenoids.
5. **Inflammation in the airways.** This might be caused by smoking or allergies.

Once you've identified the cause of your snoring, then you can look for solutions that deal with it specifically.

For more detailed information on snoring, the causes and a detailed review of all of the solutions, pick-up your copy of [Stop Your Snoring Naturally now.](#):

What Are The Solutions To Snoring?

There are 5 main solutions to snoring:

1. **Short-term fix appliances.** There are hundreds of devices out there that may relieve snoring by covering it up. However, they never cure it. Although these solutions can improve your life, most snorers never find a solution that they stick with their entire life.

They either stop working, never work, or are not practical for long-term use! This often leads people to go on an "Anti-Snoring device treadmill" where they spend countless hundreds of dollars jumping from product to product!

2. **Lifestyle changes.** Most people don't realise the effects of some foods or drink can have on their snoring! Drinking alcohol, smoking, and eating certain foods are major sources of snoring!

3. **Exercises.** Many people are now beginning to realise the powerful effect oral exercises can have in helping to cure snoring. However, most people just don't know how to go about it and which ones can work! Did you know that singing is a very good oral exercise and can help to strengthen your throat muscles. [Discover proven exercises to help stop snoring](#)

4. **CPAP machines.** These machines give you a continuous supply of oxygen to stop sleep apnea from occurring and could save your life. The only problem with them is that they can be uncomfortable or unpractical for your lifestyle. Not to mention, many make the mistake of not looking for a machine that's right for them. As a result, nearly a third of users give them up within the first year!

5. **Surgery.** Surgery is often expensive, painful, and it often doesn't have a very high long-term success rate. However, for some people it's needed. The problem

comes when people undergo surgery thinking it's largely the only solution when there are many more options they should consider first. Nothing's worse than needlessly undergoing surgery only to find out later that it didn't work! Find out more about [snoring surgery](#)

The bottom line is that when it comes to snoring, you need to know all of your options. This is why I've created, "[Stop Your Snoring Naturally!](#)"

It discusses all of the possible solutions and offers 3 simple steps you can use to avoid a lot of money and trouble ridding snoring from your life!

Don't go another night without this guide. [Pick-up your copy now!](#)

Foods that Can Cause snoring

A common cause or at least contributing factor to snoring is inflammation. Inflammation blocks your airways and prevents air from coming through. The most common source of inflammation are allergies to different food types. This is why when you're trying to rid yourself of snoring you need to take a look at your diet.

What happens when you eat certain foods? Do you feel blocked up? Do you get headaches?

See what happens when you eat certain foods before you go to bed. If you think it might be causing a problem, you could try to avoid that particular food type before bedtime or cut it out altogether if you're certain it's the cause of your inflammation.

Some common foods that trigger allergies, include:

- Wheat,
- Fatty foods,

- Processed foods,
- Dairy products,
- And processed foods (that have dozens of ingredients inside in which you aren't familiar with) as some of these can be harmful.

In addition, there are foods that can actually reduce inflammation. Some foods have anti-inflammatory properties. Additionally, if you suffer from a blocked nose, you could try inhaling steam with a drop of essential oils.

Simply put, if your snoring is due to inflammation (or it's a contributing factor), then you can easily find a solution for this. Inside your copy of *Stop Your Snoring Naturally*, you will uncover common ingredients that can help reduce inflammation as well as provide effective solutions.

You'll discover the foods you can eat and also the ones to avoid, plus how to determine if you have allergies. Pick-up your copy of [Stop Your Snoring Naturally](#) now and get a good nights sleep!

Some foods can also cause insomnia. [Find out more....](#)

Can Products Found In Supermarkets Cure Snoring?

There are countless hundreds of anti-snoring devices you can purchase. Most of them are found in supermarkets and pharmacies. As a result, most people want to know which ones work. And can any of them cure your snoring forever?

The answer is that many of these devices, sprays, and pills can work. However, they're never going to eliminate the cause of your snoring. As a result, they may only mask your snoring and never solve the problem that's causing it in the first place.

With that said, these solutions do have their place. They often provide short-term quick fixes so you can get the sleep you need right away. A key problem, however, is that people just jump from one product to another .

Before you purchase anything, you need to first determine the cause of your snoring. Once you've done this, then finding a solution is much easier.

Other drawbacks of these products are they:

- Stop working over time,
- Only work for certain people because they only address one or two causes of snoring,
- And are limited in their effectiveness because they don't eliminate the source of your snoring.

This means that you should look for alternatives to only using short-term devices. This often includes lifestyle changes (such as avoiding smoking, alcohol, and certain foods), oral exercise to strengthen muscles that may be causing a problem, or possibly even surgery in certain rare cases.

[Stop Your Snoring Naturally](#), shows you all of the solutions to getting rid of your snoring forever, including a review of 14 common anti-snoring devices.

This book will show you know exactly all of your options and the ones that suit you best.

What are the risks of Surgery and CPAP Machines?

Too often CPAP machines or surgery are recommended as a first and only solution to your snoring. Although these solutions may be needed in some cases, only in the rarest are they your only options.

What's more, both of these solutions are not easy to undergo or use (in the case of the CPAP machine). This means that instead of considering these first and foremost, they should be thought of only as a last resort.

So, what's the problem with the CPAP and Surgery?

In the case of CPAP machines, many people love them because they are almost guaranteed to stop your snoring. However, many users end-up not using them because they're so uncomfortable.

Most people do not like having to wear a mask every time they go to sleep. It can also be a nuisance to have to carry one with you if you go away on holiday.

In addition, many people find that CPAP machines cause a dry mouth or eye irritation because of the constant air flow.

Surgery is risky and expensive. Many people undergo it only to find-out that it didn't work. They often have to spend countless hundreds or thousands of dollars and experience pain and discomfort for nothing. Not to mention, the toll it takes on your job when you have to miss days or weeks off work.

The short-term success rates for most surgeries are high. However, the long-term rates are much lower.

For this reason, new techniques are being developed all the time and do show promise. However, they are often not covered by insurance and are not tested over time to work.

Yet, despite all these drawbacks, these two remedies are often recommended very quickly to all snorers. Lifestyle changes and oral exercises aren't given the focus they deserve.

This is why if you're considering getting a CPAP machine or having surgery, then you owe it to yourself to see what else is out there first. [Stop Your Snoring Naturally](#) goes in-depth into all of the solutions, along with the benefits and drawbacks of each!

As a result, you can get rid of your snoring quickly, and save a fortune in time and money!

Can Snoring Really Be Cured Naturally?

The reason that surgery and CPAP should be thought of as a last resort is that in nearly all cases, snoring can be cured naturally. This is because most snoring is caused by lifestyle factors.

The most common ones include:

- * Smoking
- * Drinking alcohol,
- * Obesity,
- * Drugs that relax the muscles,
- * Allergies that cause inflammation,

Out of these, being overweight is often the single biggest cause of snoring. If you are overweight or obese dieting and exercise should be your first action. If you are a smoker cut back or give up altogether, and if you like a glass of wine in the evening don't drink at least several hours before you go to bed.

The problem, of course, is that making these lifestyle changes can be difficult. However, there are some very simple lifestyle changes that you can start with. These include:

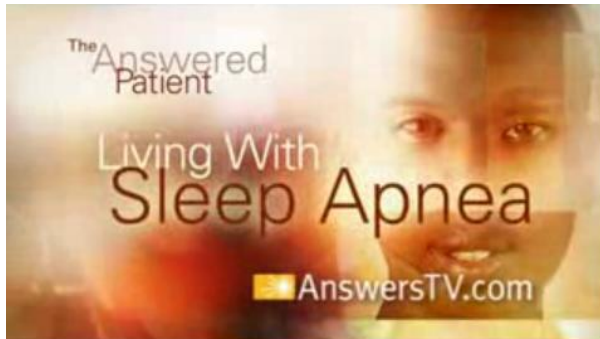
1. **Exercising on a regular basis.** Start walking, swimming taking yoga classes, and other active interests.
2. **Eating a balanced healthy diet.** (certain foods are more effective to eliminate snoring than others),
3. **Drinking plenty of water** to keep your cells functioning properly. Many people are in a constant state of dehydration, causing their body's metabolism to slow down. You need to drink at least 2 litres of water a day, and more in the hot weather.
4. **Getting enough oxygen into your body** with regular exercise. This will help to keep your airways clear, plus oxygen is required for the body's metabolic processes.
5. **Reducing stress.** Stress can be a major factor in many sleep disorders.

Inside your copy of [Stop Your Snoring Naturally](#), you will discover in-depth secrets to losing weight and turbo-charging your metabolism. As a result, making lifestyle changes needed to cure your snoring permanently become much easier. Don't delay and go-ahead and grab your copy now at: [stop-your-snoring-naturally](#).

Resources

Watch these videos

[Living with sleep apnea](#)



[What to expect in a sleep lab test](#)



Sleep-Disorders.org.uk

Discover all about different types of sleep disorder including snoring, insomnia and sleep apnea, plus Plus discover solutions to help you overcome your sleep problem

[Does Somnoplasty Work?](#)

Somnoplasty is a type of surgery to cure snoring. Find out what happens during surgery, plus what are the risks involved?

www.stopyoursnoringnaturally.info