

5 Of The Best Ways To Stop Snoring FAST!

NUMBER

01

Lose Weight

The excess weight in your neck can prevent the free flow of air and make snoring more likely.

Weight in your midsection can also shrink the volume of your lungs and cause a decrease in lung capacity and contribute to the causes of snoring.

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02

Maintain Good Sleep Hygiene

These include things like keeping a regular sleep schedule and ensuring that the temperature and noise levels of your sleep space are optimal.

Your environment should be calm, cool and peaceful.

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03

Raise The Head Of Your Bed

By propping up your head while sleeping, you force the tongue forward preventing it from blocking your airway.

NUMBER

04

Clear Your Nasal Passages

When your nasal passages are blocked or limit airflow, this can result in snoring.

With the airflow limited, you're forced to breathe through your mouth, which increases the chances of you snoring.

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05

Stay Hydrated

Dehydration contributes to mucus buildup in your nose, mouth and throat, which can block the free flow of oxygen and contribute to snoring.