

The Natural Cure for Snoring

You wake up in the middle of your sleep as you hear the loud irritating sounds your husband makes while sleeping. Then you get yourself to sleep, as these noises seem to fade away. Then after some time, you find yourself being woken up by your husband because of the noise you generate out of your sleep, and complaining that he can't sleep with such gurgling noises. Surprised? If you think you don't snore at all, and you blame all the funny loud snoring sounds at night all to your husband's credit, you might want to think again. Snoring is a common medical problem, which has seemed to be well apparent these days. While it mostly affects the older generations and those with weight problems, this has affected people of the younger generations in varying degrees. As one gets older, you have less and less options to remedy your snoring problem. It is best to get it checked up by your family doctor the soonest. Your doctor can analyze the root cause of your snoring, and can advise you effectively on how to treat it properly. If you had yourself checked by your doctor, and by it was shown that yours was basically a lifestyle problem, then you are just in luck, as such can be readily be addressed mainly by your efforts and self-discipline. There is after all, a natural cure for snoring. Natural cure for snoring requires for a lifestyle change. It is best that from now on, you pursue a fit and healthy lifestyle. This would mean sleeping early at night, waking up early to exercise, less to moderate alcohol consumption, no smoking, and eating healthy foods. Take note that it has also been shown that sleeping pills also causes snoring. The key to having a good night's sleep is simply by relaxing. Ease your mind, and think only of good things. Some would do this by thinking about their family, their friends, their babies, and some about their religion. Limiting your thoughts to happy moments, and moments which give hope, will surprisingly put you in a better mood of calmness and serenity. As a natural cure for snoring, some would do meditation. Combined with yoga, many find it more effective in coming to terms with nature and the world, placing the meditation and yoga practitioner in a peaceful & relaxed state all throughout the day. The more tranquil you are all throughout the day, the less stress your body handles, thereby giving your body more capacity to rest with relaxed body & mind. Other natural cure for snoring is by inhaling steam right before going to bed. It loosens the congestion on your nasal airways. Try using nasal strips to remedy your snoring – if snoring comes from your nose – this will remedy this. Most snoring though comes from your mouth, as on the soft palate, and the nasal strips would not be effective. A change of sleeping position would also help – a raised bed on the head portion by 4 inches would help, and sleeping on your sides have been shown to address snoring problems. Natural cure for snoring is best made use of on the early stages. The natural cure for snoring emphasizes more on the preventive side of treatment. Mainly it involves a lifestyle change – a healthier one for that matter.

About the Author

The materials in this collection are drawn from sixteen physical collections housed in the archives and special collections of the University.

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