

Popular Snoring Remedies

For reducing snoring there are a number of simple suggestions or home remedies. Let's take a look at some of the options or popular snoring remedies, in addition to the ubiquitous tennis ball cure. One simple remedy is to elevate your head with pillows or raise the head of your bed several inches. This reduces the chances of the throat muscle completely blocking your air passages when they relax in sleep. Sleep on your side, not on your back, which causes your tongue and soft palate to fall back, narrowing the airway. Other lifestyle changes include exercising more, losing weight and abstaining from alcohol and smoking. You especially should not drink alcohol before going to sleep because alcohol relaxes your throat muscles, thereby blocking your air passages even more. In addition, smoking restricts your air passages and leads to snoring. Finally, you should avoid tranquilizers, sleeping pills, and antihistamines. In addition to such so-called home cures, there are over-the-counter snoring remedies available, including anti-snoring pills, throat sprays, and nasal strips. Anti-snoring pills contain natural plant enzymes and herbs that are said to prevent throat and nose tissue from swelling, resulting in a more open and smoother airflow that helps reduce snoring. Some popular brands are: Dr. Harris' Original Snore Formula, Sinus Buster, SnorEase, Snore Rx and Ysnore. Throat sprays coat the soft tissues of the throat allowing the air to move more freely and lessening the noisy vibration. Some well known brands are Ayr Snore Relieving Throat Spray, D-Snore, Good Night Stop Snore, Helps Stop Snoring, and Silence. Nasal strips are drug-free, non-prescription devices that work mechanically to keep your nose open and make breathing easier. The most popular national brand is "Breathe Right." In addition, several drug stores and groceries market their own versions of nasal strips.

About the Author

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