

## To “snore” or not to “snore” that is the question

Snoring does not only make a person moody due to a lack of sleep; in some cases it can be the factor that ends a marriage! The idea of buying two [beds](#) just to keep your marriage seems extreme and trying to follow all the snoring advice can be a thankless task. There are loads around, from a nose strap that stops you snoring to meditation techniques that apparently cure the problem. Recently scientists have claimed that taking a daily pill can stamp out the common snoring disorder, which affects many Britons. Researchers have begun trialling this drug which helps to control obstructive sleep apnoea syndrome. Condition & Effects

- Sleep Apnoea causes people to stop breathing for periods of time during sleep and often snore very profoundly.
- It makes snorers excessively worn-out and irritable.
- Snoring reduces oxygen in the blood thus reduces the chances of a peaceful night's sleep.
- More men than women suffer from the problem

This so called “miracle pill” was tested on a number of people who suffered from OSAS (obstructive sleep apnoea syndrome). The pill had a positive effect, with 40% of the participants showing a reduction in symptoms. None of the participants experienced negative effects from taking the drug. From a medical point of view this outcome can be seen as a success. Although it is stated that the drug is still in the development stage so there may be a long wait for all you sufferers looking for a quick fix to your snoring problems. In light of this, let's look at the other options snorers have:

1. Side sleeping – Now unless you feel comfortable sleeping on your side this will not work, but for all you side sleepers it seems the way to go. While sleeping on your back your muscles in the throat collapse, constricting the airway in your throat.
2. More pillows – Apparently higher or more pillows stops you from snoring, the down side to this method is you can find yourself waking up with a sore neck.
3. No alcohol – According to a number of sources by not drinking alcohol after 8pm helps control snoring. I personally like the odd glass of wine before bed so this method will hurt me the most.

## About the Author

Final thoughts In today's world there doesn't seem to be any quick method to stop you from snoring in your [bed](#) . The best option you have is over time to experiment with a number of methods and see which one works for you. You never know it could be your [mattress](#).

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