THE ULTIMATE GUIDE TO OVERCOMING THE DANGERS OF SNORING

SNORE DOC®

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Snore-Free Nights Make BETTER DAYS

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FOREWORD

Snoring, a trifling nuisance you can wave aside, or a stealthy health and relationship killer?

Often I waved snoring aside as a trifling nuisance, and let's be frank: for the majority of the snorers, who are occasional snorers, it can be just a mere inconvenience.

Though I am surprised how many people do really suffer from snoring and like I was, are still unaware how impactful it can be for their relationships and for their personal health and bed partners alike. Luckily there are many new insights and reputable scientific studies from institutions like Oxford, Harvard and the NHS that slowly change our awareness, and for good reason.

If you are like me and the other 39.5% of the middle-aged men in the UK who often snore or are suffering from a snoring bed partner, then I've written this eBook for you.

With this eBook I offer you:

- insights why, when, and how we snore;
- scientific-backed knowledge about how snoring impacts our health and relationships;
- the best tips about how to prevent snoring;
- tips for bed partners that actually do work;
- treatment options and the top 12 anti-snoring devices.

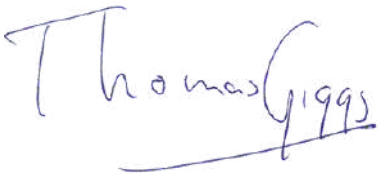
In my personal life, I have endured snoring. I had a shocking experience that started when I was just 5 years old that was caused by my parents snoring. I grew up with the fact that my parents always slept in separate bedrooms, and I still vividly remember the tension at holidays when they had to sleep together, or at least near each other. I learned how common the problem of snoring is by staying over at my parents-in-law.

The night I slept alone for the first time in our double bed, because Laura - my wife - needed her rest, I learned how impactful snoring can be.

Yes, to my friends I acted tough, and often joked that I had more room for myself, or that I was lucky I had gotten rid of that midnight poking, but in truth: I missed Laura and all the benefits from happily sleeping and waking up together in the same bed.

Now that **I have removed my snoring**, I can benefit from that again. What astonished me most was the surge of energy I experienced a few weeks after my last rumbling night. I felt 10 years younger, more focussed, more energized, and I became a more positive person in general.

With this eBook, I hope you can avoid the bumpy road I had to endure to remove snoring from your life and get to the point where you experience silent and restful sleep faster, so **you can also experience a more positive life.**



Thomas Giggs

P.S. - Snoring is for many, like me, a serious issue. **I've learned to deal with and overcome my snoring problems** with not only respect, but also with a bit of humor. I hope you can forgive me for the latter. It has kept it manageable for me.

Want to know what instantly stopped my snoring?
Check out our website at: **snoredoc.co.uk**

INTRODUCTION

Snoring is a prevalent condition that according to the British Snoring & Sleep Apnoea Association currently affects the lives of 30 million people in the UK.

A recent study shows that **41.5% of the UK adult population snore** – 10.4 million males and 4.5 million females. This goes to show that more males than females snore. This is interesting, and we will talk about the reasons for that subsequently.

TABLE - AGE GROUPS

AGE (YRS)	NUMBER OF PARTICIPANTS IN AGE GROUP	SNORERS			% OF SNORERS IN AGE GROUP
		TOTAL	MALE	FEMALE	
<20	54	15	13	2	28
20-29	167	58	44	14	35
30-39	204	68	55	13	33
40-49	135	64	43	21	47
50-59	198	115	76	39	58
60-69	171	63	38	25	37
70-79	97	44	26	18	45
80-89	33	11	9	2	33
90-99	1	1	1	0	100
NOT GIVEN	15	7	3	4	
TOTAL	1075	446	308	138	

Although snoring affects many people in the UK, the severity could vary from mild rumbling sounds to the sound of a chainsaw working its way through a log. Up to 22% of snorers in the UK are considered 'loud snorers'.

TABLE - RESULTS OF SNORE SURVEY

	MALE	FEMALE	TOTAL	TOTAL %
PARTICIPANTS	574	501	1075	100
TOTAL SNORES	308	138	446	41.5
SOMETIMES SNORE	65	64	129	12
OFTEN SNORE	100	34	134	12.5
VERY OFTEN SNORE	127	34	161	15
DO NOT KNOW HOW OFTEN	--	--	22	2
GENTLE SNORING	98	92	190	17.5
LOUD SNORING	193	46	239	22
DO NOT KNOW HOW LOUD	--	--	17	9.5

The above statistic is interesting because snoring happens while we are asleep. As a result, even the most chronic snorers don't often agree that they snore. Once, a chronic snorer was confronted by his wife because of the loud sounds he makes while asleep. He vehemently denied the wife's reports and claimed to be the most silent sleeper.

Just like this man, many snorers don't know or even admit that they snore, which is quite interesting and amusing at the same time.

What causes snoring? Let's demonstrate this with a simple illustration. Let's assume you pass air from one end of a narrow tube to another. If the tube's stem is not compressed, the air will pass through with negligible sound. However, if you press your fingers on the tube, narrowing its stem, the air that passes through will make some sounds.

The loudness of this sound will depend on how much you have compressed the tube. This is precisely how snores are produced. Let's explain it with a human. When we breathe, air passes from the nose or mouth through the airway into the lungs and out. Since the airway is narrow, the passing air causes specific tissues along the airway to vibrate. In typical situations, this vibration of tissues produces a very negligible or inaudible sound.

However, when certain conditions cause the vibration to become excess, we hear snores. Additionally, narrowing of the airway also causes the tissues' vibration to become more intense, thus causing the individual to snore. In other words, snoring occurs when there is turbulent airflow through the airway leading to vibratory sounds.

Having said all this, the next important question becomes, "what causes the airway to become narrower?" Or "what causes the increased vibration of the tissues along the airway?"

Use of certain medications, alcohol, and stage/phase of sleep are all factors that lead to snoring. These mentioned factors contribute to the narrowing of the airway, thereby leading to snoring.

There is a common **misconception that obese people are typical snorers**. This misconception is born from the notion that they have large necks, which aggravate the snores they make. This is not entirely true, as anybody, irrespective of body size, can be a snorer. However, obese people tend to snore more loudly.

Even people who are not regular snorers may snore occasionally following certain events like taking some medications, after suffering a viral illness, or after taking alcohol. This goes further to show that anybody can be a snorer irrespective of body size. Age also contributes a lot to snoring. So, as people age, their snores become louder, and there are various reasons for this, which we'll look at shortly.

Many people don't think of snoring as a significant concern – however, if you are a heavy snorer, there are **valid health reasons** why you should be concerned about this issue. In addition to the health concerns, your sleep partner's welfare is yet another reason you must consider doing something about the sounds you make while sleeping.

Marriages have been dissolved because of uncontrolled snoring. You just have to follow the news to hear of such things. The fact remains that snoring negatively affects every facet of your life. We have already mentioned that it affects your health, social life, and even your sex life.

Now, as somebody that cares about their overall wellbeing and that of their partner, it is just natural that you **seek a solution** to your problem if you are a snorer. Yes, there are several available solutions to this condition, and we will be looking at many of them shortly.

Talking about treatments for snoring – there are two broad options – the surgical and non-surgical methods. This guide will look at all the available options, their potentials, and how they compare with the other available methods.

In the end, you will be well informed to choose a solution that will work best for you. With these solutions, you can save your health and your relationship.

Without further ado, let's get started.

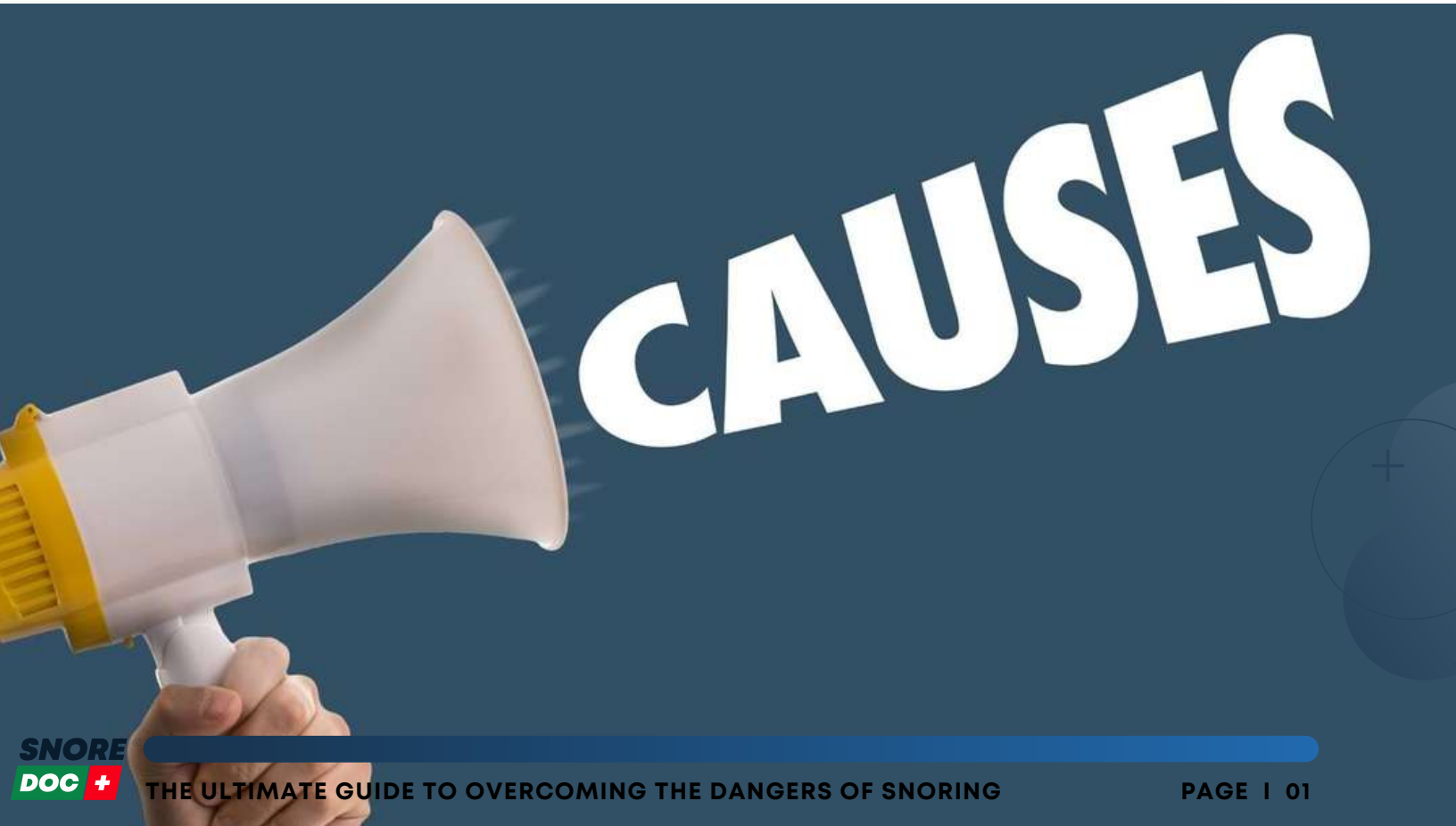
CHAPTER ONE:

KNOWN CAUSES

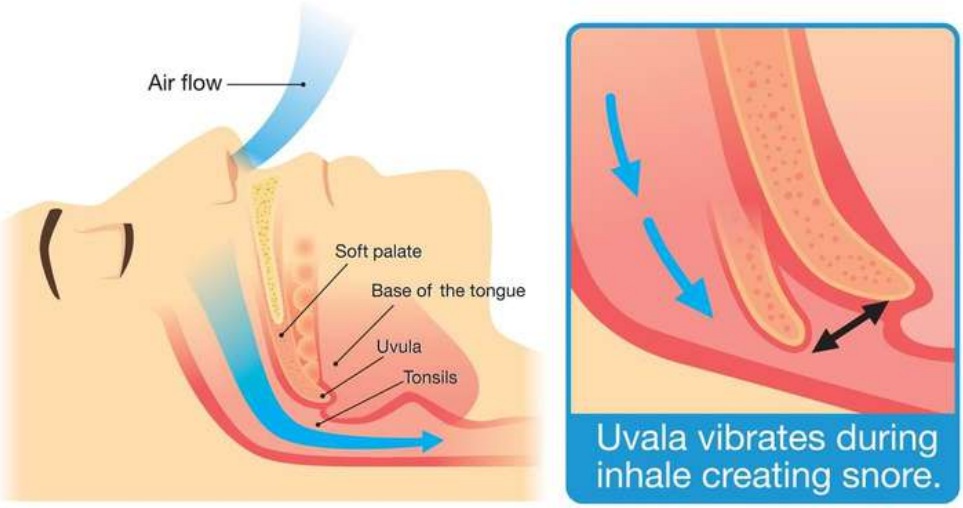
In the previous section, we already highlighted that snoring happens when the air we breathe vibrates the tissues along the airway, thus producing sounds of varying loudness.

Since we all breathe, **why is it that some people snore and others don't?** Also, why is it that some people's snores are louder than others? These are salient questions that we will address in this section. Once we are done answering these questions, we will look at the relationship between snoring and your health and ways to stop snoring. This approach is the best since we wouldn't want to place the cart before the horse.

Let's take a significant recap of what happens while we breathe. When you breathe, there is an inflow and outflow of air through your respiratory system. The air goes in through your nose or mouth, then passes through the throat or larynx into the lungs. When you exhale, the air moves from the lungs through the airway and back to the atmosphere.



As the air passes through the airway, it hits some soft tissues that line the airway. Some of these tissues include the uvula, soft & hard palate and even the tongue. The uvula is the soft tissue that hangs from the roof of your mouth towards your throat. If you open your mouth wide and observe it in a mirror, you will see the uvula hanging from the top.



The hard palate is the hard area in the roof of the mouth just after your upper teeth. After the hard palate is the soft palate, which is soft to the tongue's feel, it is located just before the uvula. Usually, air going in and out of the airway vibrates these soft tissues, which produces very negligible sounds, especially during normal circumstances.

However, there are times that certain conditions cause the vibration to become more vigorous, thus producing a louder sound. For instance, when you exercise, you tend to breathe faster. Since you are breathing faster, air moves in and out of the airway faster, which causes increased vibration and sound. This explains why some produce breathing sounds from their nose or mouth during exercises.

We have just explained what happens when we are breathing normally in a standing or sitting position or when we exercise. The next question is – **how does snoring occur when we sleep?**

HERE ARE A FEW THINGS THAT CAUSE SNORING:

According to the NHS, you will more likely snore if you meet one or more of the following conditions:

- Smoke
- Are overweight
- Drink too much alcohol
- Sleep on your back
- Are senior

So, how do these things mentioned above cause snoring? Let's see.

RELAXED MUSCLES

When you assume a sleeping position, your body's position relative to your neck often causes a relaxation of the muscles around your neck. As the muscles relax, they restrict your airway slightly or even significantly, depending on the sleeping position.
In some situations, there is even a near-total closure of the airway due to a sleeping position. Because the airway has become way narrower than it was supposed to be, the passing air will try to force its way through. This causes increased vibration and increased sound. It is this sound that is interpreted as snores.

The degree of the closure of the airway will determine how loud an individual snores (we will talk more about this in a subsequent section). For instance, if you sleep in a way that your airway becomes almost closed, your snores will sound like a diesel engine being started on a cold morning. However, if the closure is not much, your snores could sound like the hums of the engine of a new generation petrol car on the highway.
Apart from sleeping positions, other factors could cause the relaxation of the muscles around the neck. Stage of sleep, for instance, can be a huge contributory factor.

The moment we are about to fall asleep, several muscles in the body relax to allow for a proper rest and stress relief. The muscles around the neck also relax as a result. This muscle relaxation causes the airway to become narrower, constricting air flow, and increasing the vibration of the soft tissues.

The restriction of the airway can be in the throat, mouth, or nose. Snoring that occurs due to the vibration of the palate, either soft or hard, often gets worsened when a person has nasal obstruction.
It is necessary to mention that there is a relationship between the different stages of sleep and snoring. Let’s proceed to look at this relationship.

DIFFERENT STAGES OF
SLEEP AND SNORING

The four stages of sleep include the following:

Stage 1 non-REM sleep

In describing the stages of sleep, REM stands for rapid eye movement. Some stages of sleep are characterized by rapid eye movements, which can be observed by someone sitting and watching you sleep. Although the eyes move rapidly in REM sleep, they won't send signals to the brain, that's why you don't get to be aware of the movements yourself.
Non-REM, which is the first stage of sleep, usually occurs a few minutes after you have fallen asleep. Your brain has just switched from wakefulness to sleep. During this stage, there is no rapid eye movement, and the body muscles have not relaxed. So, it is relatively easy for one to wake up during this stage.
Most people don't snore during this sleep stage – the reason shouldn't be hard to guess. The muscles haven't been completely relaxed, and the heartbeat has not slowed significantly.

Stage 2 non-REM sleep

This is another stage of non-REM sleep. This stage starts about 40 minutes after an individual has fallen asleep. It doesn't involve rapid eye movements because you are just about to enter deeper sleep. Your muscles become more relaxed, and your heartbeat slows further. Your eyelids also stop moving at this point.
Interestingly, you cycle between the different stages when sleeping, although people tend to spend more time in one stage than the other. For instance, most people dwell more on stage 2 non-REM sleep cycle than the other stages.
Furthermore, this is the stage that snoring starts to occur, usually as a result of the more relaxed muscles. However, the snores may not be as loud as what's obtainable during REM sleep stage.

STAGE 3 NON-REM SLEEP

This is the sleep stage that gives you a refreshed mind and body when you wake up the following morning. Relaxed muscles and a slower heartbeat often characterize it. The heartbeat slows to the lowest levels. Waking you up during this stage can be quite difficult.

Snoring occurs most during this stage of sleep and the next stage because the muscles around the neck are way relaxed and obstruct air movement.

REM sleep

This is like the fourth stage of sleep – rapid eye movement often characterize it. This stage starts 90 minutes after you have fallen asleep. Your body can occasionally jolt out of this stage to the other stages, especially stage 2 and 3, then back to REM stage again.

Other things that characterize this stage include irregular and faster breathing. This is also the stage where you have dreams – so your brain temporarily paralyzes your muscles, especially your leg and arm muscles, to prevent you from acting out your dreams.

As expected, irregular snoring occurs during this stage because your muscles have become too relaxed. Remember, snoring also happens during stage 1 and stage 2 non-REM sleep. However, most people snore during stage 3 non-REM sleep and REM sleep.

These last two stages of sleep are often characterized by massive muscle relaxation. Some of the body muscles are even temporarily paralyzed during these last two stages of sleep. When the muscles along the airway, including the tongue, palate (soft and hard), uvula, throat, and others relax, they collapse on each other.

For instance, when the soft palate muscles relax, they collapse against the tongue, thus narrowing the space between the two. Also, the uvula can collapse against the tongue, making the airway even narrower. As you try to inhale air through this narrow airway, **it causes massive vibrations that produce sounds of varying loudness.**

Certain medications, alcohol, and snoring

Occasionally, when people who are not regular snorers take alcohol or certain medications, they tend to snore. When they stop taking the medicines, the snoring may reduce or stop totally. So, there is a straight-line relationship between certain medications and snoring. If you are worried about snoring, you may need to speak to your doctor to know the type of drugs that may worsen your condition.

Alcohol

It is general knowledge that alcohol makes some people fall asleep faster. For a substance with such property, how does it cause snoring? Let's see.
Alcohol is a depressant that acts on the central nervous system. It acts to dampen or reduce stimulation or arousal by lowering neurotransmission levels in the central nervous system. In other words, as a depressant, alcohol reduces brain function and neural activity, which effectively relaxes the muscles of the body. This is why it makes you fall asleep quickly.

Yes, while alcohol does help you fall asleep, the quality of sleep you get when it is alcohol-induced only leaves much to be desired. To feel well rested after sleeping, REM sleep should make up close to 25% of your sleep. However, alcohol-induced sleep rarely progresses from non-REM sleep to REM.

This is not to mention that the excess relaxation of muscles and tissues that alcohol induces leads to snoring. In addition to the many other muscles in the body, alcohol also relaxes the neck and throat muscles, palates, and uvula.
When the palates, uvula, and other soft tissues in the airway collapse against the tongue, the airway becomes narrower. A narrower airway will cause more vibration as air struggles to move in and out of the lungs, thus causing loud snores.

If you are looking for means to stop snoring, stop taking alcohol. Of course, there are other ways to enjoy a good evening that doesn't involve alcohol use.

Sleep deprivation and snoring

This may sound ironic, but sleep deprivation remains one of the leading causes of snoring. It gets more interesting when you understand that snoring also causes sleep deprivation. When you are not getting enough quality sleep, your body tends to become weak and relaxed.

As you already know, when muscles are relaxed more than usual, it can lead to snoring. Since sleep deprivation causes snoring and snoring also causes sleep deprivation, how do you approach the issue? Practically, since you want to stop snoring, if you tackle what's causing you to not get adequate sleep, you can tackle your snoring issues.

Simple lifestyle changes can help you tackle sleep deprivation. For example, simply switching off devices hours before bedtime can help a lot. Also, drafting and following a proper sleep routine can help a lot. Other things that may cause snoring include:

- **Nasal congestion** – this narrows the airway, thus increasing snoring.
- **Obesity** – this is one of the leading causes of snoring. Obesity causes excess fats to be deposited on different parts of the body, including the neck region. During sleep, this excess fat compresses the neck and the muscles around that region, thus narrowing the airway. This results in snoring.
- **Sleap apnea** – we will talk about sleep apnea in the next section.

To tackle your snoring issue, it is essential to identify why you snore – this will help you approach the problem holistically.

CHAPTER TWO:
DIFFERENT TYPES OF SNORERS

Snorers are classified according to the part of the airway from which they snore. Here are some of the most common types of snorers.

Nasal snorers

The snores produced by these types of snorers are usually low-frequency rumbling or fluttering noise. It often sounds as if the snorer is doing an impersonation of someone else snoring.

Nasal snoring occurs as a result of the partial blockage of the nasal passages. As a result of the blockage, more air passes through the mouth to the pharynx. This extra air passing through the mouth will vibrate the already soft and dangling tissues in the mouth and throat, thus producing the low rumbling snoring sounds.

One common cause of the blockage of the nasal passage is a sinus infection, which causes inflammation of the nasal cavity and nasal mucus production. Deviated septum is also another cause of nasal passage blockage.

A cartilaginous wall separates one nostril from the other – deviated septum is a condition where this wall becomes crooked, thus blocking one nostril. These fleshy non-cancerous growths are known as polyps, and may cause a blockage of the nasal passage. Seasonal allergies can cause nasal blockage too.

HOW TO KNOW YOUR NASAL PASSAGE IS BLOCKED

If you suspect that you are a nasal snorer, you can take a simple test to determine this. Stand before a large mirror and lift your face up a bit so you can observe the movement of your nose.
Next, use one of your fingers, preferably the index finger, to block one of your nostrils. Try breathing in heavily and observe the movement of the rim or trim of the open nostril.

If the open nostril tried to collapse when you breathed in hard, try to prop it open by holding the rim with the free end of a match stick and attempt to breathe in heavily again. Make sure your mouth is firmly closed as you are doing this. If breathing becomes easier on this second attempt, **then you are likely a nasal snorer.**

It is normal for the nasal passages to be blocked a few times in a month – this is normally due to allergies. However, if your nasal cavity is blocked all year round, then there must be an underlying structural issue you must address immediately.

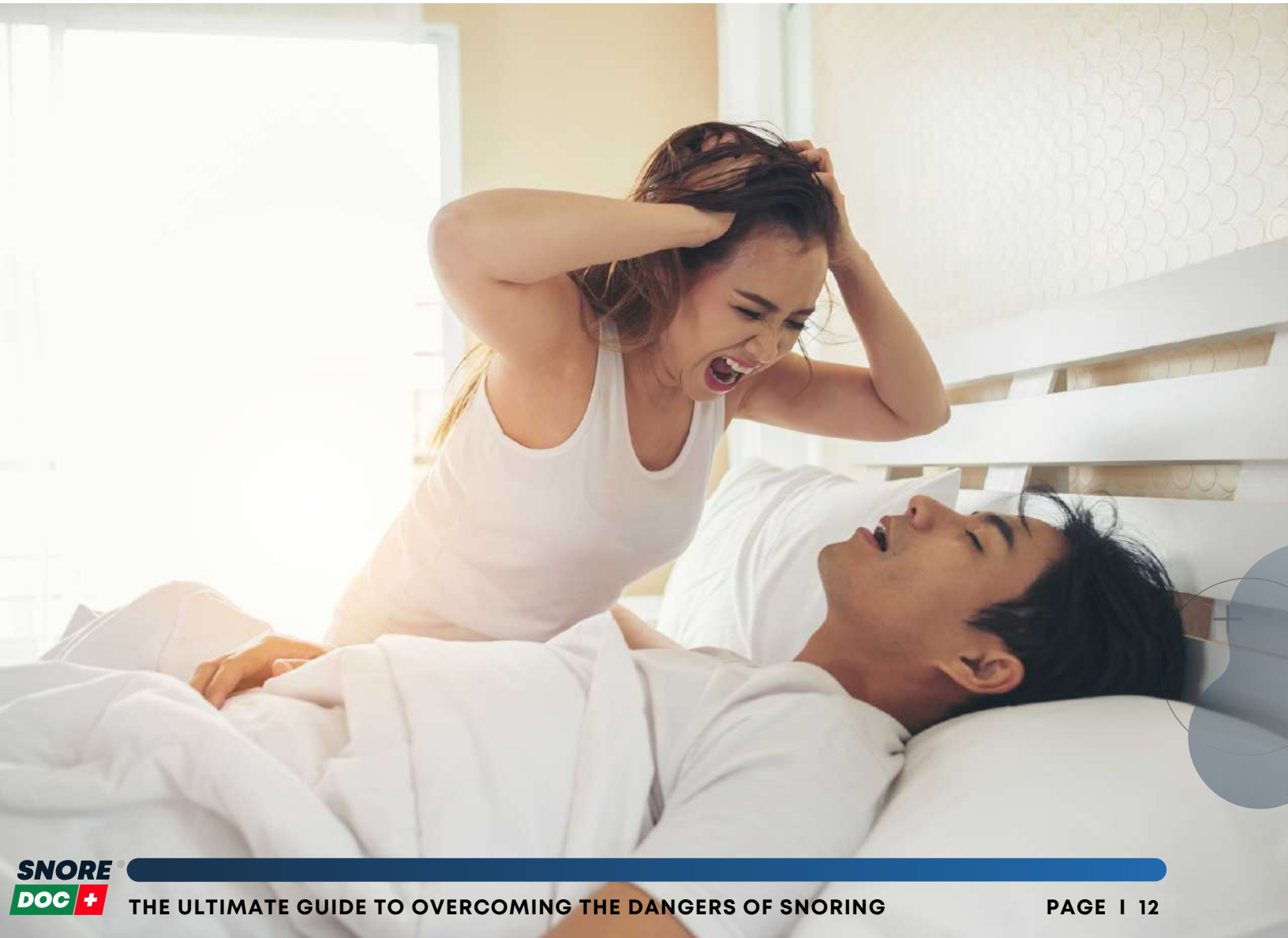
Another way to determine if you are a nasal snorer is to observe the state of your mouth when you wake from sleep. If you notice that your mouth is usually dry when you wake up, it could be that you are a nasal snorer. The air passing through your mouth will dry it up. Headaches caused by dehydration is also another sign that you may be a nasal snorer.

What to do – a separate section of this guide has been dedicated to the many solutions for snoring. Refer to that section.

TONGUE SNORERS

If you take alcohol just before sleeping, you will likely experience tongue snoring. Tongue snores are higher pitched than nasal snores. If you listen to a tongue snorer, you will hear high pitched sounds that come on and off.

The snores are not continuous like what's obtainable with nasal snoring. Interestingly, the snoring stops when the snorer rolls on their side. Then after a few minutes, the snoring will start again.



WHAT HAPPENS IN TONGUE SNORING?

First, it is important to state that up to 50% of snorers are tongue-based snorers. So, if you or your partner snores, then you are likely tongue snorers. The tongue is the major culprit in this type of snoring. The organ partially blocks the throat, and this causes massive vibration when air tries to pass through to the lungs.

There are two factors that could cause the tongue to block the airways. One of them is weak muscles at the root of the tongue. The tongue is essentially a muscle, which is joined to the base of the lower jaw.

When you sleep, the tongue being a muscle, relaxes and slips backward. This backward slip causes the root, base, or posterior side of the tongue to almost be making contact with the uvula. This consequently restricts air movement to the throat. The passing air "struggles" to move through the little space, thus creating groaning sounds.

Apart from weak supporting muscles, another thing that causes tongue-snoring is a small lower jaw. If the lower jaw is not big enough to contain the full size of the tongue, the organ slips back and rests on the uvula. **You may not notice that this happens because you are fully in control when you are awake.** However, when you sleep, you are no longer in control, and the tongue will have to fall back since the lower jaw cannot contain it.

If it is not any of the two mentioned factors, it could simply be that you have a large tongue that restricts airflow into your throat.

As mentioned earlier, alcohol intake before bed, use of sleeping pills can exacerbate tongue-snoring. The reason is that these substances further relax the muscles, and since the tongue is equally a muscle, it gets relaxed as well. This relaxation causes it to press against the soft palate and uvula, leaving a little space for air to pass.

Obese people tend to suffer from tongue snoring more. The reason is that the excess weight they have around the neck region joins to restrict the airway.
Even though obese people in general, are at a higher risk of tongue snoring, obese men stand a higher risk. This is because they tend to put on more weight around the neck than women in general. So, watching your weight is a good way to stop or check tongue snoring.

Have you ever been near a snorer who stops snoring the moment they roll on their side? Well, that snorer is probably a tongue snorer.
This is an interesting fact about tongue snoring – the snorer stops when they move their body and resume again when they feel more relaxed. This is why when some people are sleeping near a snorer, they occasionally tap the snorer to make them stop snoring for a moment. What causes this momentarily stop in snoring when the body is moved?

The answer is simple – the tongue snorer snores because the tongue and its supporting muscles relax, making the tongue to slip back and partially block the airway. However, when you roll on your side, your muscles contract, including the tongue and its supporting muscles. This contraction will make the tongue and other muscles to assume their normal position momentarily. When you go deeper into sleep, the tongue relaxes again, and you will resume snoring.

HOW TO KNOW YOU ARE A TONGUE-BASED SNORER

You can take this simple test to determine if you are a tongue-based snorer or not. Open your mouth wide enough and stick out your full tongue as far as it can go. Use your upper and lower teeth to grip your tongue in that position. Ensure you are not gripping tightly to avoid injuring your tongue. Next, try to breathe out heavy air from your mouth while attempting to make a snoring sound. You will notice that your throat will produce some sounds – the loudness of this sound will help you determine if you are a tongue-based snorer or not.

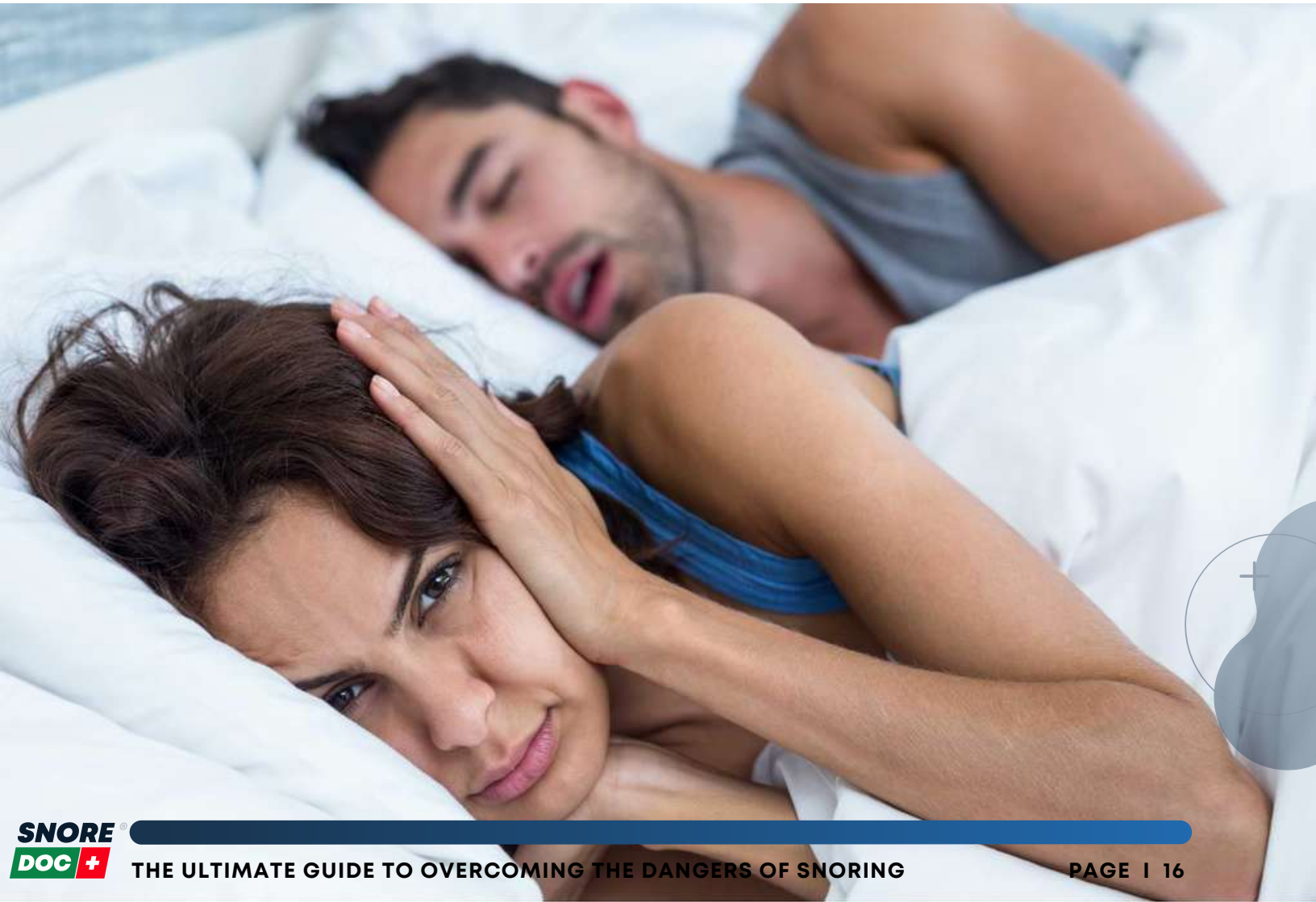
I**f you are not a tongue-based snorer, then the snoring sound you produce in this forward position should be loud.** However, if the snoring sound you produce is reduced, then you are probably a tongue-based snorer. Tongue-based snoring can be tackled with a combination of solutions. Simple lifestyle changes like losing weight can help a lot.

The use of mandibular adjustment devices (SnoRemover™) that help to ensure there is enough room in your lower jaw to accommodate your tongue so it doesn't slip backward can also help. We will discuss these solutions in detail in a subsequent section of this guide.

MOUTH SNORER

The snoring sound produced by the mouth snorer can be similar to the one produced by the nasal snorer – it is usually a low-frequency rumbling sound.

The mouth snorer, unlike the tongue-based snorer, would snore irrespective of their sleeping position. Whether they lie on their back or side, they would snore the moment they get to stage 3 non-REM and REM sleep stage. Meanwhile, the tongue-based snorer snores when they lie on their back.



WHAT CAUSES MOUTH SNORING?

The major cause of mouth snoring is breathing through the mouth. Some people habitually open their mouths when they sleep. With their mouths open, they unintentionally start using it to breathe instead of the nose. Some others also breathe through the mouth as a result of a health condition like seasonal allergies.

What happens is – as the air is passing through the mouth to the pharynx or throat, it causes the soft palate to collude or vibrate against the other soft tissues in the roof of the mouth like the uvula. This **vibration will produce snoring sounds**. This type of snoring that is a result of the collusion of the palate and uvula, is also known as palatial snoring.

HOW TO DETERMINE IF YOU ARE A MOUTH SNORER

The simplest way to determine if you are a mouth snorer or not is to take the mouth snoring test. Assume an upright sitting position, close your mouth, and try forcing yourself to produce or make snoring noise or sound. While still in the same position, open your mouth and try making the same sound.

If you only made snoring sounds with your mouth open, then you are a mouth snorer. Another way to test if you are a mouth snorer is by observing your uvula in a mirror. Stand before a mirror and open your mouth wide, and observe the soft tissues towards the back and roof of your mouth.

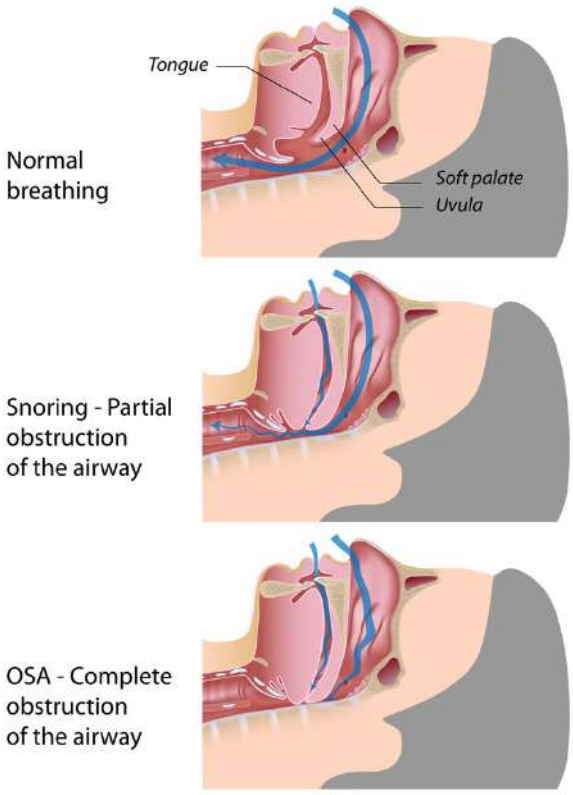
If the soft palate hangs down, creating little room for air passage, then you are a mouth snorer. Also, if your uvula extends downwards towards the root of your tongue, then you are probably a mouth snorer. The extended uvula can be likened to a sheet flapping in the wind – of course; it will produce some sounds.

Like the other types of snoring we have examined, **maintaining healthy lifestyle choices can help a lot in combating palatial snoring**. Too much fat around the neck will contribute to the loosening of the tissues in the mouth, thus leading to palatial snoring. We will look at other ways of stopping palatial snoring in a subsequent section of this guide.

SLEEP APNEA

Sleep apnea is one of the leading causes of snoring. What is it?

Obstructive sleep apnea is a condition that affects up to 2 percent of women and 4 percent of men. The major cause is the narrowing of the airway as a result of muscle or tissue relaxation. Normally, during sleep, the airway muscles relax, causing snoring. Sometimes, however, the relaxation becomes much, causing the relaxed muscles to totally block the airways temporarily – this is called apnea.



The total blockage of the airway will make the individual stop breathing for close to 20 seconds. During this time, you will hear the individual snoring, and the sounds will keep getting louder until it reaches a crescendo.

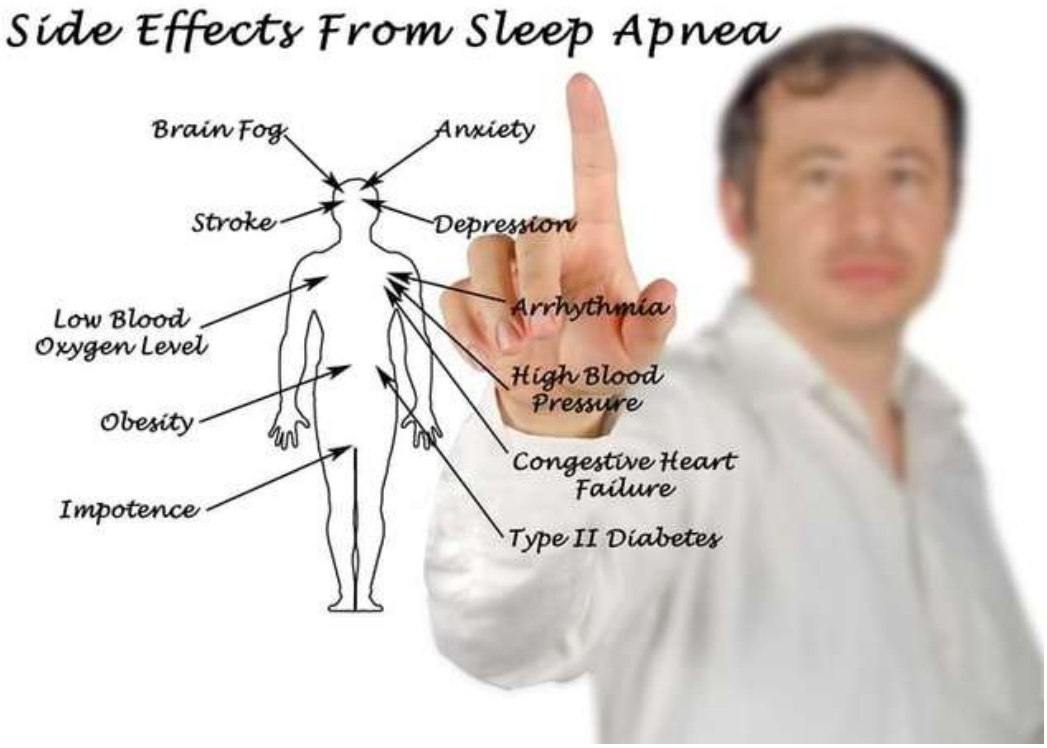
Since the snorer is not breathing, the brain will be starved of oxygen, and this can be quite dangerous. After about **20 seconds without oxygen**, the brain will send an emergency signal to the airway muscles and other muscles in the body as well. These signals will spur the airway muscles to contract, thus causing the snorer to take a huge gulp of air.

If you are sleeping near someone experiencing sleep apnea, this is the time you will hear them gasp for air, cough, or stutter. This entire process we have described can be repeated several times in one night, sometimes up to a hundred times.

In most cases, the sufferer doesn't know that they have this condition – it is usually their partner that lets them know of the events that unfold when they sleep. However, this type of snoring has **deep implications for the snorer**.
Since the snorer's brain has to long for air occasionally, the snorer will wake up fatigued rather than refreshed. This type of snoring can also increase the risk of diabetes, stroke, and high blood pressure. We will look at these conditions in detail in the next chapter.

HOW TO TEST FOR SLEEP APNEA

You can conduct the same test for mouth snoring to determine if you suffer from sleep apnea. Another way to determine if you are suffering from sleep apnea is to check if you are always exhausted during the day or when you just wake from sleep. Sleep apnea sufferers find it hard to remain awake during the day, especially when seated or driving.



ACOUSTICS OF SNORING

We have already looked at the different types of snoring. Let's proceed to look at the acoustics of snoring – this will explain why the snores by different people sound differently. For instance, some people's snores sound like mild rumbling noises, while the snores by others sound like the noise produced by a chainsaw as it works through a log.

Like every other sound, snores have three characteristics – intensity, pitch, and tone. **The intensity of the snore determines its overall volume**. So, if someone is snoring loudly, it means their snores have high intensity.

Pitch is used to measure the frequency of a sound – so, if snoring sound is said to be high pitched, it has high frequency and vice versa. An example of a typical low frequency sound is that produced by your air-conditioning units. Lastly, tone is used to describe the smoothness or roughness of a sound.

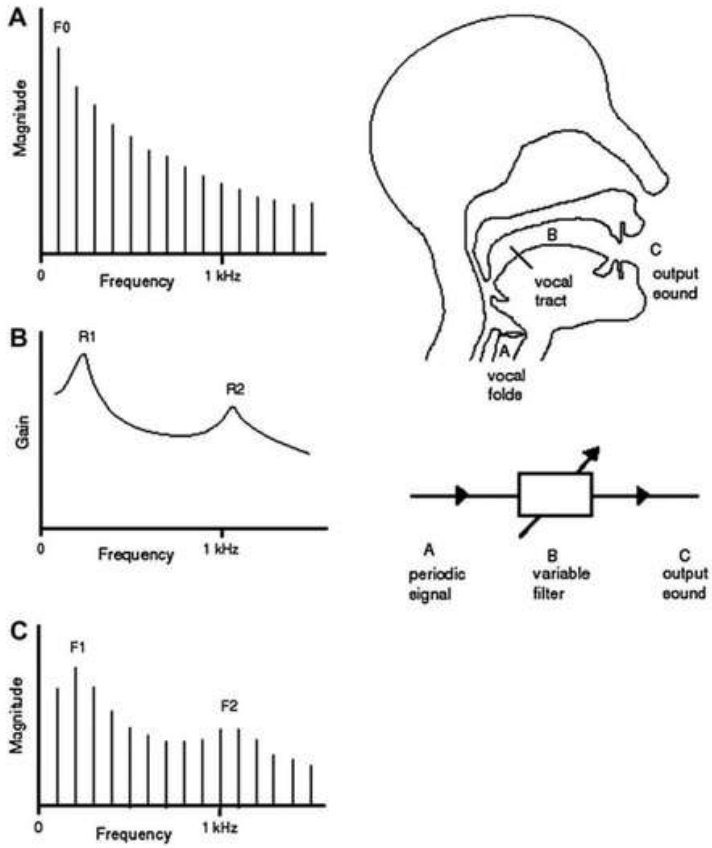


Fig. 1. The vibration of the vocal folds produces a varying airflow which may be treated as a periodic signal (A) that produces a spectrum of equally-spaced frequency peaks or harmonics, starting with a fundamental frequency (F0). This source signal is input to the vocal tract. The tract behaves like a variable filter (B). Its response is different for different frequencies and the frequency response may be further adjusted by changing the position of the tongue, jaw etc. Resonance peaks R1 and R2 add gain to specific frequencies of the harmonic spectrum. The input signal and the vocal tract, together with the radiation properties of the mouth, face and external field, produce a sound output (C). The resonances R1 and R2 can be determined approximately from the peaks in the envelope of the sound spectrum. These peaks are called the formants (F1 and F2). Figure reproduced by courtesy of Joe Wolfe, BSc Qld, BA UNSW, PhD ANU, School of Physics, The University of New South Wales, Sydney 2052, Australia.

VARIATIONS IN PITCH

If you present at the hospital to seek a solution for snoring, doctors will attempt to approach the situation by, first of all, determining the pitch, tone, and intensity of your snores. These characteristics will help the doctor determine where you are snoring from and how to offer you the help you need.

Often, doctors will perform a procedure known as nasendoscopy on you. The essence of this procedure is to observe your nasal passages and airway to determine the characteristics of your snores. Nasendoscopy has allowed science to determine that l**ow pitched snoring as a sound lies in a frequency range that's lower than 500 Hertz (Hz) and high pitched snoring occurs in a frequency above 500 Hz**.

Typically, high pitched snoring doesn't involve the soft palate – that's why it is often more of a rumbling sound than a vibration. Non-palatal snoring doesn't produce deep "bassy" sounds simply because the air passing through doesn't vibrate the soft palate's tissues.

Palatal snoring sounds are often high pitched – this is because the soft palate tissues are vibrated as air passes through the mouth and nasal passages to the pharynx or throat. Remember, the tissues of the soft palate are flappy; that's why vibrating them produces a high pitched "bassy" sound.

It is important to know the characteristics of your snoring sounds – this way, you will know which muscles along the airway that is the major culprit. If you discover that you are a high pitched palatal snorer, you can help yourself by using mandibular adjustment devices (MAD). A good MAD is the SnoRemover™, which we will talk about in a subsequent section of this guide.

CHAPTER THREE:
HEALTH IMPLICATIONS

It is easy to dismiss snoring as just another activity that happens at night. However, this seemingly simple thing that occurs at night can have far-reaching consequences. It can affect your daytime activities and health in ways you cannot imagine. This is not to talk about the inconveniences it could cause your partner. Yes, there have been numerous cases where couples had to divorce simply because one of them was a chronic snorer.

Those that continually have poor or inadequate sleep stand a higher risk of suffering severe health conditions such as obesity, heart disease, diabetes, and high blood pressure.
- National Health Service, NHS

It is relatively easy to see that a quality night sleep is essential for a long and healthy life. In this section, you will see the relationship between snoring, sleep deprivation and many of the uncomfortable health conditions mentioned above.

Here are a few health risks associated with persistent snoring:

HEALTH RISK #1:

SLEEP DEPRIVATION

A quite interesting relationship exists between snoring and sleep deprivation. Snoring leads to sleep deprivation, and sleep deprivation also causes snoring – so it is an unending vicious circle. How does snoring cause sleep deprivation, and why is this a huge problem?

Snoring makes it hard for you to progress to REM sleep, which is the sleep stage that you need to feel well refreshed and rested the next morning. In other words, snoring causes you to spend more time in light sleep mode or stage 1 non-REM sleep than deep sleep or REM sleep. The implication of this is that you wake up not being fully rested and refreshed. After some time, you will start experiencing symptoms of sleep deprivation.

SYMPTOMS OF SLEEP DEPRIVATION

Symptoms of sleep deprivation develop gradually – they start as minor symptoms that you can manage. They gradually degenerate to life-threatening or uncomfortable symptoms that may need extra medical attention.
The early signs of sleep deprivation include the following:

- Difficulty in concentration
- Drowsiness
- Feeling of weakness, especially after getting up from bed
- Impaired memory
- Diminished ability to fight off infections

You will stand the following risks if sleep deprivation lingers for a long time:

- Heightened risk for mental health issues such as depression
- Heightened risk for an asthma attack, heart disease, and stroke.
- Increased risk for life-threatening circumstances such as car accidents and injuries from falls.
- Increased risk for more complicated sleep disorders such as insomnia and narcolepsy.
- Uncontrollable mood swings
- Hallucinations

You need to spend more hours in a deep sleep state than a light sleep state every night. Otherwise, you will wake up each morning feeling unrefreshed. Snoring will never allow you to experience such levels of deep sleep. If you continue having light sleep cycles for a longer time, you will start feeling the many uncomfortable symptoms of sleep deprivation we have seen above.

HEALTH RISK #2:

PERSISTENT MORNING HEADACHES

Several reports indicate there is a relationship between persistent morning headaches and snoring. Many chronic snorers also admit that they often wake up in the morning with a severe headache that disrupts their activities for the day. To understand **the relationship between morning headaches and snoring**, let's first of all, understand the mechanism of headaches.

Headaches have a relationship with REM sleep – meaning that if your REM sleep is disturbed or disrupted, you will feel headaches. Also, headaches are linked with the workings of the part of the brain called hypothalamus gland. So, if this gland is disturbed or disrupted, you will likely feel headache.

The hypothalamus gland regulates sleep cycle and does a little bit of pain control, besides other functions that are not of interest to us here. Since the hypothalamus is involved in the transition from wakefulness to sleep state and vice versa, it plays a massive role in the mechanism of headaches. This is according to research published by PubMed.

Snoring, especially the type caused by sleep apnea causes you to experience occasional episodes of shortness of breath, gasping for air, and coughing. All of these combine to disrupt your sleep cycle, thus **resulting in morning headaches and fatigue.**

While snoring is not the only sleep disorder that could cause morning headaches, it is fingered as one of the major causes. So, if you are a snorer and you also suffer morning headaches, you know what to do, which is to seek a solution for your snoring issue. You can start by getting an anti-snoring device like SnoRemover™. Anti-snoring devices are a quick and easy way to get the answer you so desperately need. More on anti-snoring devices later.

HEALTH RISK #3:

CANCER

"*Snoring can raise cancer risk five-fold*'", according to The Daily Telegraph.

Learning that there is a link between snoring and cancer may sound new to you – however, according to a study carried out by researchers from the University of Wisconsin and the University of Barcelona, snoring can raise your risk of developing cancer complications. You might want to ask, "How?"

Well, most types of snoring, with an emphasis on the one from sleep apnea restricts oxygen supply to the blood and brain. This **low oxygen level in the bloodstream can trigger the growth of cancers and tumours**.

A recent 2019 study further supports the link between snoring and the increased chance of cancer for both male as female:

"*Results provide more indicative evidence implying that sleep duration and snoring can be important factors for ESCC risk which need to be changed or treated for cancer prevention.*"

Source:
'Impacts of Sleep Duration and Snoring on The Risk of Esophageal Squamous Cell Carcinoma'
2019

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6548174/

HEALTH RISK #4:

ALZHEIMER'S

Alzheimer's is a disorder that causes the progressive degeneration of brain cells. The disorder will eventually progress to a stage where the sufferer is not able to perform most activities that require the active input of the brain. It is also one of the commonest causes of dementia – which is the progressive loss of memory as well as social and behavioural skills.

Someone who has Alzheimer's disease will lack the ability to think or function independently. Unfortunately, the cause of this disorder has remained a mystery, although scientists have found a few clues here and there. Interestingly, there is a link between sleep apnea and Alzheimer's.

Amyloid plaques are a series of miss-folded proteins that are found in between nerve cells. When these proteins form between brain cells, they cause abnormal functioning of the brain. Scientists believe that amyloid plaque are some of the indicators of Alzheimer's disease.

Depending on what's causing amyloid plaques, they usually start from one location and spread quickly to other areas. Researchers have found that these plaques start in the same spot in the brains of people with Alzheimer's disease as in those with sleep apnea.

While scientists have not well established the link between these two conditions, they argue that those who suffer sleep apnea in their mid-life stand a higher chance of suffering Alzheimer's when they are older.

HEALTH RISK #5:

STROKE

Stroke is a common condition that affects millions of people all over the world. The two leading causes of stroke include a blocked artery and a ruptured blood vessel. Any of these conditions will lead to a shortage of oxygen-carrying blood to the brain, thus making the latter lose many of its functions.

At least, two studies have linked stroke with snoring, especially sleep apnea. One of the studies was published in the Journal of Stroke 2018, and the second report was published in Scientific Reports. How does snoring and sleep apnea cause stroke?

There are some risk factors for stroke, which include high blood pressure and obesity. Snoring and sleep apnea causes a momentary shortage of oxygen to the brain. This, in combination with high blood pressure will lead to stroke.

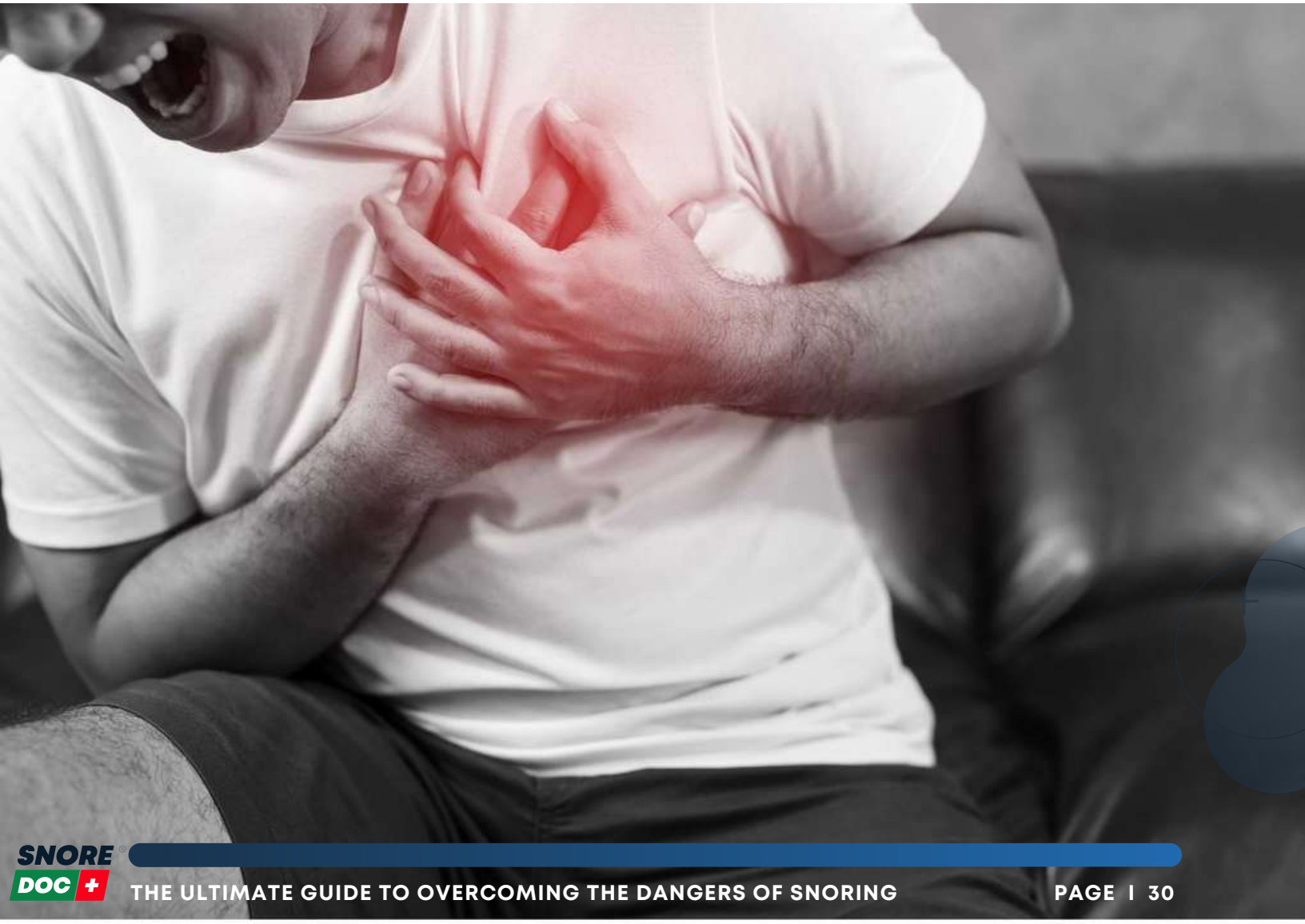
One of the studies mentioned above also established that those who have suffered a stroke have difficulty getting a good night sleep. This further goes to prove that there is a strong link between snoring and stoke. So, treating sleep apnea and snoring can significantly reduce your risk of suffering a stroke.

HEALTH RISK #6:

HEART DISEASE AND HIGH BLOOD PRESSURE

Heart disease is often caused by a buildup of plaques in the arteries, which causes them to stiffen or thicken. A stiffened artery will not convey blood to the vital organs and tissues in the body, thus leading to even more severe problems. Other causes of heart disease include an unhealthy diet, obesity, and lack of exercise.

Heart disease often progresses to a heart attack, and it also has a link with stroke. Remember, snorers are at a higher risk for stroke. Snorers have also been shown to stand a higher chance for heart disease and high blood pressure.
If you are a snorer, then you will have to do something and on time, else you will be exposing yourself to the risk of high blood pressure and heart disease, especially if you are from a family with a history of such illnesses.



HEALTH RISK #7:

THE EFFECTS OF SLEEP DISRUPTION ON THE MIND

There is no doubt that snoring leads to sleep deprivation or disruption. The human body and mind need a healthy dose of sleep every day to function correctly. You are often advised to get up to 8 hours of quality sleep daily, or at least 6 hours of sleep. When you cannot get this needed dose of sleep, it can have a substantial negative impact on your mind.

Remember, stage 3 non-REM sleep and REM sleep are what you need most to feel refreshed and rejuvenated in the morning. However, snoring often makes an individual spend only a few minutes in deep REM and stage 3 non-REM sleep. This can be quite problematic as it will affect the state of your mind during your daily activities.

Without enough quality sleep, you will lack concentration during the day. If this goes on unmitigated for a long time, you could start experiencing some symptoms of mental illness such as depression, anxiety and anger.

You may be one of those that think snoring is just a simple issue that can take the back burner – however, it will easily mess up your life if you let it. You will learn how to tackle snoring in a subsequent section of this guide.

In this chapter, we have been looking at the many health risks associated with snoring. Now, we want to take the discussion a notch higher by looking at the social risks that snoring presents.

SOCIAL RISKS

Snoring doesn't only affect your health; it also affects your social life, especially as it regards your relationship with your spouse or sleep partner.

Your snoring habits could be affecting your relationship in more ways than you can ever imagine. If you have just started snoring recently, there are chances that your partner is still enduring the situation for the time being.

However, how long do you think they are going to keep enduring this habit before they snap and lose their cool? We all desire a decent night sleep after a stressful day. No one wants to get into bed and lie down beside someone else that is letting out unpleasant throaty snores. No matter how much they love you, they will eventually get tired, and issues will start.

Available studies show that up to 60% of people with obstructive sleep apnea experience relationship problems. Of course, this shouldn't come as a surprise to anyone.

Let's explain how **snoring leads to relationship issues**. If your snores are too loud, or even if they are not too loud, the sounds could give your partner sleepless nights or sleep deprivation. As you have seen earlier, when a person lacks proper sleep for a longer time, many other problems begin to surface.

For instance, someone that experiences prolonged sleep deprivation will easily start showing signs of moodiness and irritability. They will get irritated by even the smallest things, such that they will not easily overlook the things they used to overlook.

"with a history of snoring are more likely to be sleepy during the day and to have a number of 'difficult' behaviour patterns than those without such a history."

Source:
https://adc.bmj.com/content/archdischild/68/3/360.full.pdf

Of course, this will degenerate into other serious problems. If the problem goes on unresolved, it will escalate further to a reduction in sexual performance, bed conflicts and energy reduction. These are all serious issues, which if not addressed, may lead to a divorce.

You may think that your partner is cool with your snoring habits, but you truly need to ask yourself, “For how long will they keep up with this?” If you know that your partner will not bear with you for a little longer, then it is time to do something.

Have you heard enough and ready to stop snoring?

snoredoc.co.uk

SNORING AND YOUR SEX LIFE

When we mentioned that snoring affects every facet of your life, we were not exaggerating. We were indeed stating known facts. Snoring affects men's libido and hence their sex life. If you noticed that your sex life has recently suffered dramatically due to reduced libido, then what you are suffering may be linked to your snoring issue.

How does snoring affect your libido and, in extension, your sex life?

Snoring makes you wake up with low energy – which leads to stress and tension. All these are conditions that cause low libido. Also, the anxiety that both you and your sleep partner suffer from your snoring habit inhibits libido.

That's not all; there is a study that shows that sleep apnea significantly inhibits libido and leads to sexual dysfunction. This study in question was conducted by researchers at the Technion-Israel Institute of Technology.

In the study, the researchers observed that male participants with obstructive sleep apnea had lower testosterone levels, which caused them to have reduced sexual activity. Obstructive sleep apnea is characterized by an occasional shortage of oxygen supply to the brain. This leads to several health conditions as well as reduced testosterone levels.

In addition to a **reduced libido, snoring also causes clinical depression and erectile dysfunction in men**. How does snoring cause erectile dysfunction? Scientists have been warning that snoring causes erectile dysfunction, but they have not established a definite link. However, we can easily link the two conditions using available information.

We have established that snoring causes low libido due to lower testosterone levels. Also, obstructive sleep apnea disrupts oxygen supply to the brain and different parts of the body. The combination of these two conditions – low testosterone levels and insufficient oxygen supply to the brain are believed to cause erectile dysfunction.

It may seem as if snoring only affects men's sexual life; however**, it affects women's sexual life equally**. Obstructive sleep apnea affects the sexual life of women as well as men using a similar mechanism.

For instance, the low oxygen supply that characterizes sleep apnea ensures that nerve tissues and endings surrounding the female sexual organs don't receive enough oxygen and blood. This causes injury and insensitivity to these nerve endings and tissues. This results in **dyspareunia (i.e., pain during sex), lower libido and poor lubrication during sexual intercourse making 'the act' unenjoyable for woman**. When sexual activity is not as enjoyable as it should, the woman naturally shies away from it.

If you noticed that your libido has dramatically reduced, and you are concerned about the little sex you are getting, it is time to do something about your snoring habits.

In the subsequent sections of this guide, we will explore the many means of stopping snoring. Read on.

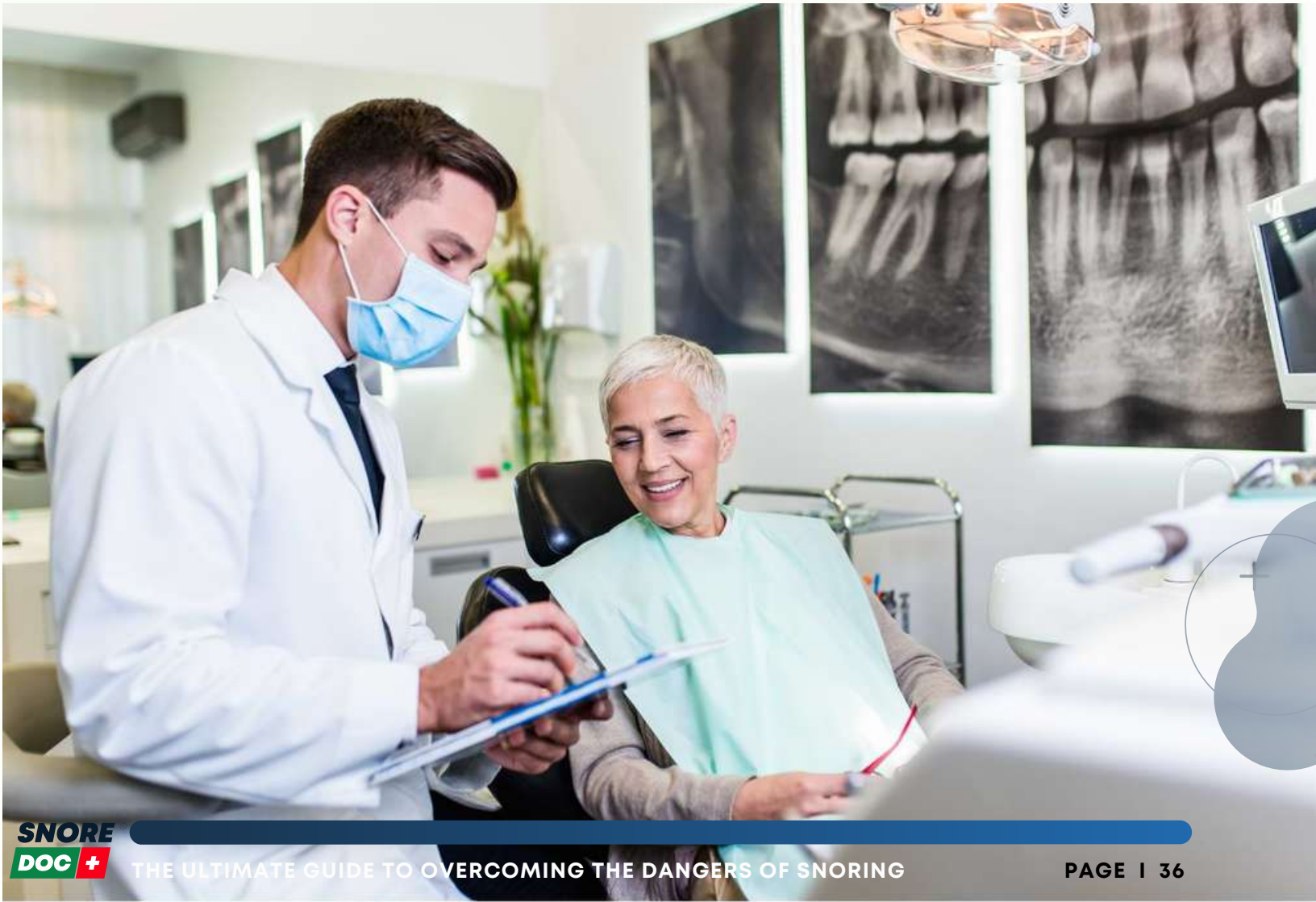
CHAPTER FOUR:

TREATMENT OPTIONS

Luckily, for almost every problem in existence, there is a solution, and snoring is not an exception. In this chapter, we will be looking at the many available treatment options for snoring. We will start from the more complex solutions down to the simpler, yet effective options.

Most snorers just want a simple solution that works – they are not interested in the intricacies of complex options. So, we are only going to be concentrating more on the simpler options. Let's get started.

There are both surgical and non-surgical treatments for snoring. You can easily describe surgical options as more complex, while the non-surgical ones as simpler solutions. Let's talk about surgical options first.



SURGICAL TREATMENTS FOR SNORING

You should only take the surgical route as your last resort to snoring when the many non-surgical, non-invasive options have failed to work – although that rarely happens. The surgical treatment serves to eliminate the conditions that cause snoring. In other words, it helps to **remove the excess tissues along the airway that vibrate and produce snoring sounds**.

As mentioned earlier, snoring sounds are produced from different parts of the airway, including the tongue, uvula, palates, throat or pharynx, etc. One reason why surgery is not often suggested is that a single procedure may not correct the entire issue. For instance, if someone is a nasal and tongue snorer and you perform surgery on the nasal passages, the snoring may reduce but may not totally stop. Normally surgical procedures for snoring focus on the uvula, palates, and nasal passages.

It is important that you undergo proper counselling to determine whether surgery is the best option for you. Depending on the type of snorer that you are, surgery may not help your situation.

NASAL SURGERY FOR TREATING SNORING

Nasal surgeries for treating snoring focus mainly on widening an otherwise narrow or blocked nasal passage. While some snorers do find relief with this type of treatment, many others don't see much difference in their condition.

DEVIATED SEPTUM SURGERY

The septum is a cartilaginous wall that separates the two nostrils. Sometimes, the septum may collapse, thus blocking one of the nostrils – this often leads to nasal snoring. Trauma and allergies are some of the leading causes of deviated or collapsed septum.
If a deviated septum is what's causing you to snore, this may be corrected by surgically correcting the deviated or collapsed cartilaginous wall. **If the surgery improves the nasal passage, snoring may stop**. The only disadvantage of this procedure is that it is a highly invasive and expensive option. Also, it doesn't work for everybody.

NASAL POLYP SURGERY

Allergies often trigger the growth of mucosa in the nasal cavity or passage – this growth is called a nasal polyp. Over time, nasal polyps continue to rise and cause an obstruction in the nasal cavity. Surgical operations can be done to remove large enough nasal polyps to reduce snoring. Again, this is a highly invasive procedure which may not provide the solution you need.

ORAL SURGERY OPTIONS FOR SNORING

Apart from surgeries on the nasal passages, surgeries can also be performed on the buccal cavity to help with snoring. As you already know, weak palates, long flappy uvula, and small lower jaw can cause snoring. When this is the case, surgical procedures can be initiated to correct the conditions causing the snoring. The surgery is performed to either remove the excess tissues or stiffen them.

Unfortunately, **such surgeries don't provide permanent relief**. The reason is – after some time, the corrected or stiffened tissues will return to their original conditions, leading to a reduction in the effectiveness of the performed procedure.
Some common oral surgical options for the treatment of snoring include the following:

- Uvulectomy – this is surgery performed to remove the uvula or shorten it. It is a painful procedure – you may experience excruciating pain for one or two weeks while recovering from the surgery. The use of painkillers may help some people deal with the burning pain that follows the surgery.
- Laser-assisted uvulopalatoplasty (LAUP) – this is an older procedure that involves using laser rays to trim the palate. It does provide temporary relief because as soon as the trimmed palate grows back, the patient will start snoring again.

The above are just a few of the oral surgery options available for the treatment of snoring.

Unfortunately, most of these surgical options are not only expensive, but they are also **invasive and only provide short term relief**. Many of them are also very painful and outright inconvenient for you. Like most people that want to lose weight, snorers just want a simple plug-n-play solution that works.

In the next subsection, we will be talking about other simple, yet highly effective treatment options for stopping snoring.

ANTI-SNORING DEVICES

The same way there are surgical procedures to stop snoring, there are also anti-snoring devices that provide even more effective and instant relief. In this section, we will talk about some of the best anti-snoring devices.

Basically, what anti-snoring devices do is – **they free up your airway and make it easy for air to flow in and out without vibrating the tissues**.

With the instant relief you get from these devices, you may then focus on imbibing positive lifestyle changes that will help you to keep enjoying a sound sleep for a longer time.

Remember, we have always maintained that positive lifestyle changes help a lot in stopping snoring. However, their effects cannot be visible overnight. So, you will need to get instant relief with anti-snoring devices and proceed to gradually embrace a healthy lifestyle for long term effect.

That said, here are the top 12 anti-snoring devices of 2022:

01 CPAP

Nasal CPAP devices are one of the most effective solutions for snoring. The reason is simple – they work for all types of snorers, including those with obstructive sleep apnea. CPAP stands for continuous positive airway pressure. The device works by continuously providing increased air pressures to the airway to prevent them from narrowing during inhalation and exhalation.

The device has three main components – the mask that is worn by the snorer, a pump that ensures that the air that the snorer breathes in is highly pressurized and a tube that connects the mask to the pump. The pump is usually powered electrically and placed by the bedside of the snorer.

The **CPAP device is most effective against snoring caused by obstructive sleep apnea**. It is also good for stopping mouth, tongue and nasal snoring. One thing that makes the device highly effective is – it is easily adjustable. You can adjust the pump to provide a certain level of air pressure depending on the type of snorer that you are.

While this device has many positive sides to it, it also has a lot of downsides. For instance, it is expensive to acquire. This is not to mention that it is bulky – so it will restrict your movements when you are sleeping since you have to wear it all through the night.

Furthermore, the mask may leave marks on your face. There are also other serious side effects such as running nose, sinus infections, and flatulence which is usually as a result of swallowing pressurized air. You may experience muscle and chest pain in the morning after wearing the device.

Verdict: While this device provides an effective solution, **its effectiveness comes at a price** that many people are not willing to pay.

Luckily, there are other available plug-n-play options that provide a similar solution, with less or no discomfort at all.

"Continuous positive airway pressure (CPAP) remains the gold standard treatment for obstructive sleep apnoea hypopnoea syndrome (OSAHS). However, the high efficacy of CPAP is offset by intolerance and poor compliance, which can undermine effectiveness. This means that alternatives to CPAP are also necessary. In recent years, oral appliances have emerged as the leading alternative to CPAP."

Source:
'An update on mandibular advancement devices for the treatment of obstructive sleep apnoea hypopnoea syndrome' by Shadi Basyuni, Michal Barabas, and Tim Quinnell.
2018

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5803051/

02 SNOREMOVER™ ANTI-SNORING MOUTHPIECE

Most snorers want a comfortable and simple solution to their problem and wearing anti-snoring mouth guards, offer this **simple yet effective solution** they seek.

Anti-snoring mouth guards are classified as mandibular adjustment devices (MAD) because they adjust the upper and lower mandibles' positions to allow for non-restrictive airflow in and out of the airway. They also help to contract the airway's muscles, thus increasing its diameter and ultimately allowing free airflow.

SnoRemover™ is a mandibular adjustment device that works with the same principle described above. It is a mouth guard that you have to wear in your mouth before bed. Recent study at the Respiratory Support and Sleep Centre of Papworth Hospital in Cambridge proves that a MAD, like the **SnoRemover™, will instantly fix snoring for 91% of its users**.

The study did establish that MADs help to increase the diameter of the airway through what is known as mandibular protrusion. The study further states that MADs are not only beneficial, convenient and comfortable but that they are cost-effective. They are only second to CPAPs in terms of effectiveness, yet without the complications associated with CPAPs.

Remember, we mentioned earlier that having a small lower jaw that doesn't accommodate the tongue is one of the leading causes of snoring.

So, what SnoRemover™ does is – it helps to push your lower jaw a few millimetres forward, thus creating enough room for your tongue. If there is enough room for your tongue within your mouth, it won't flip backwards and block the airway.

In addition to releasing the tongue, SnoRemover™ also helps to stiff the muscles in the back of the throat. As you already know, these muscles play a huge role in snoring. If they are loose, they will easily relax when you fall asleep and block the airway, thus leading to snoring. However, with the SnoRemover™ mouth guard stiffening them, they don't get to restrict the airway.

What makes MADs like SnoRemover™ a highly effective solution for snoring? The answer shouldn't be hard for anyone to guess – they are like a plug-n-play solution that you simply insert in your mouth and go to bed. They are unlike CPAP devices that are both bulky and inconvenient for the user. Also, MADs do not present uncomfortable side effects, unlike CPAP devices.

At most, you will feel some level of discomfort for the first few days. Of course, this is just the normal feeling you get when your body gets accustomed to something new. However, after some time, usually a few days, you will get used to it and you won't even notice that there is a device in your mouth whenever you have it.

While it cannot be compared to CPAP in stopping sleep apnea, it does at least give you the relief you need without the complexities of CPAP. **Isn't that what every snorer wants?** A simple solution that works?

MADs come in various designs and specifications, and these are factors that could affect their effectiveness. SnoRemover™ is made to fit perfectly into your mouth with less or no discomfort at all. It can be custom molded to fit into anyone's mouth comfortably and micro-adjusted for more or less effect.

SnoRemover™ is carefully designed to help you achieve a decent night sleep devoid of snoring. Using SnoRemover™ will not only be a win for you, but it will also be a win for your sleep partner. For the most part, you will enjoy a night of good sleep for once, and your partner will get to stop hearing those horrible rumbling sounds you make almost every night.

Want to know how to use SnoRemover™? Kindly read on until you get to that section, or order your SnoRemover™ at:

snoredoc.co.uk

You're just a few clicks away from a snore-free life!

03 ANTI-SNORING SPRAY

Remember, we are still talking about non-surgical treatment options for snoring. Already, we have mentioned that CPAP tops the list of anti-snoring devices, but it has its limitations. Mandibular adjustment devices like SnoRemover™ come a close second – they are practical, easy to use and pocket friendly.

Anti-snoring sprays are yet another option available to snorers. These sprays can be nasal or throat sprays. Depending on the type, they are sprayed into the part of the airway they are made for. The throat spray is sprayed directly into the throat, and nasal spray is sprayed directly into the nostrils.

What do throat sprays, for instance, do? They help to stiffen the muscles in the throat and soften the tissues in there as well. This way, there is an unrestricted flow of air in and out of the throat, thus reducing snoring.

Nasal snorers with nostrils blocked by a sinus infection, or allergies use nasal sprays. **The sprays help to clear the nasal passages for easier and unrestricted passage of air** in and out of the nostrils. There are also nasal sprays that are specifically developed for combating the symptoms of a cold.

While nasal and throat sprays may serve as a quick, temporary solution, they are not something you should use for a long time. The reason is – long term usage of such sprays will easily corrode or totally damage your nasal mucosa. This is particularly true for sprays that contain the active agent xylometazoline.

Furthermore, nasal and throat sprays only remain effective for a few hours, after which they begin to lose efficacy. So, for one night, you may need to wake up several times to apply the spray again. You don't need someone to tell you that this is stressful and will impact the quality of your sleep. This is not to mention that even at heavy doses, the sprays only work well to stop mild snoring.

Another downside is that – relative to their level of efficacy, nasal and throat sprays are quite expensive. For something you will have to keep applying almost all through the night, you will be spending a huge chunk of your income on the sprays. And they may damage or corrode your nasal mucosa.

So, **we won't recommend it unless for emergencies.**

04 BACK STRAP POSITION TRAINER

This is yet another option for snorers – although it only works for people that snore when they lie on their back.
The device is like a backpack that you wear on your back before going to bed. It helps to prop up your back for your airway to be unrestricted.
While the device works well for people who snore when they lie on their back, it is highly inconvenient.

Think of it like wearing a backpack to bed. Also, it doesn't work for other types of snorers – for example, nasal and mouth snorers. Wearing the device means you will have to maintain a single sleeping position. If you turn around and lie on your side, the device will stop working, and you will start snoring. This is not the type of solution that anyone would want to rely on.

05 ANTI-SNORING NASAL DILATOR

The nasal dilator is another device that can help stop snoring, especially nasal snoring. However, like the previous device we mentioned, nasal dilators have their own limitations. The device has two tiny plastic or glass tubes. The tubes are connected at one end by a flexible plastic bridge. This bridge can be bent to form a curve.

You use the device by inserting the two free ends of the tubes into your nostrils and push them as far as possible. The tubes work to dilate your nostrils and encourage more airflow into your nostrils.

Nasal dilators work for some nasal snorers, but it definitely won't work for you if you are a mouth or tongue-based snorer. In addition, using nasal dilators is quite discomforting – imagine inserting tiny tubes into your nostrils. The discomfort is unimaginable.

Additionally, the tubes might lead to an infection which might cause inflammation and allergic symptoms. For a device that doesn't even provide a complete solution, you shouldn't risk an infection trying it.

06 SNORE CIRCLE

This is a smart technological device that uses electrical pulses sent to the neck region to stop an individual from snoring. How it works is – you attach the device to your neck, and it monitors the muscles around your neck for sound. Once it senses you are producing snoring sounds, the device will send small electrical pulses to your neck, thus stimulating the muscles around there and causing them to contract.

When the muscles contract, they will free up the airway, and the individual will stop snoring. The device will continue to monitor the sounds produced by the individual until they start snoring again, which will make the device send low-frequency pulses to massage the neck again.

While this device works for some people, it doesn't work for all types of snorers. Another downside is that sending an **eletrical pulse through your body** might not be something that makes you sleep better.

07 ANTI-SNORING MOUTHPIECE

This anti-snoring mouthpiece is a predecessor of the latest mandibular adjustment devices, but they are older models with lots of limitations which we will get to see. They were in vogue before advancements in technology led to a revolution that ushered in the latest mandibular adjustment devices (SnoRemover™) which we described earlier.

We must mention that they follow almost the same operational principle – they create enough room in your mouth to free the airway. However, current MADs do a better job; they are designed to perfectly fit between your upper and lower mandible with little to no discomfort at all.

These type of older anti-snoring mouthpieces, on the other hand, are like “one size for all” devices that assume the same size. You cannot micro-adjust them to fit your mouth’s dimensions. Hence, you will have to deal with a lot of discomforts while using them.

Verdict – they are older models and they’re 'ok', but should not be favoured over newer more confortable and effective mandibular adjustment devices.

08 ANTI-SNORING PILLOW

This is a double-curved pillow that helps train a snorer not to sleep on their back, strengthen their neck, and stop snoring. One of the curved edges of the pillow goes under the neck of the sleeper, and their head rests on the depressed middle of the pillow. This way, the snorer is encouraged to sleep on their side instead of their back.

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As we have mentioned severally in the previous sections of this guide, many people snore more when they sleep on their back, especially if they are tongue-based snorers.

If you are one of those that only snore when they sleep on their back, then an anti-snoring pillow may help you get relief. However, if you are a nasal snorer, this device may not help you. Plus, it doesn't offer an instant solution – it is more like a training tool than an actual anti-snoring device.

09 ANTI-SNORING NOSE CLIP

These devices work by opening up the nasal passages and allowing more air to pass through the nose to the throat instead of passing through the mouth and vibrating the soft palate.

The clips are made of soft or flexible plastic. The tool has an adjustable bridge connecting the two limbs that are inserted into the two nostrils. A small magnet is enclosed at the two ends of the limbs. This way, when you insert the device into your nose, the magnets will try to repel each other, thus **opening up your nasal passages** for more air to pass through.

One downside of this device is that it can cause allergic reactions and inflammation. It can also make sleeping uncomfortable. This is not to mention that it doesn't work for all types of snoring.

10 ANTI-SNORING WATCH

This device works like the snore circle described above. However, while a snore circle is worn on the neck, an anti-snoring watch is worn on the wrist. The watch can be connected to a mobile phone using Bluetooth – it basically **monitors the sounds produced by a sleeper** as conducted by their bones.

Once the watch gets the signals that an individual is snoring, it sends small electrical signals to the arm of the snorer. These electrical signals will not wake up the wearer; rather, it will cause their muscles to contract, making them to stop snoring. The good thing about this watch is – you can set the amount of electrical signals it sends to your wrist.

One downside is that it may not detect every type of snoring sound, thus not working for all types of snorers.

11 TONGUE RETAINER

This is a piece of flexible silicone resin that you wear in your mouth to prevent the tongue from slipping backward and blocking the airway. When inserted into the mouth, the device holds the tongue in place by pulling it with gentle suction.

While this device sometimes works, **many people don't feel comfortable using it** as the user has to keep their mouth open all through the night.

12 MOUTH TAPE

This is a bandage that is used in keeping the upper and lower lips sealed while sleeping. It serves as an anti-snoring tool for those who are mouth snorers. These are usually people that only snore when they sleep with their mouths open. So, the tape helps them keep their mouth sealed and prevent snoring.

While this simple tool works for some snorers, it obviously doesn't work for tongue-based snorers. The reason is simple – those ones will snore whether their mouth is open or not. They also cannot be used when the nasal airway is blocked and it poses dangers when coughing or vomiting.

Here you have it – we have just analyzed 12 non-surgical anti-snoring solutions while advising you on the most efficient ones.

7 HANDY TIPS TO STOP SNORING

If you truly desire to stop snoring, here are a few handy tips that will help you achieve that goal;

TIP #1:

AVOID ALCOHOL LATE IN THE EVENING

As mentioned earlier, alcohol is a depressant; it helps to relax your body and muscles. However, this comes at a cost.

You cannot dictate to alcohol the particular muscles you want it to relax and the ones you want it to leave out. As a result, the same alcohol that relaxes your limbs and makes you fall asleep easily will also relax the muscles along your airway. This will cause you to start snoring a few moments after you have fallen asleep.

To stop snoring, avoid taking alcohol in the evening – you may take it in the morning or afternoon – that's if you don't have other things doing. There are other ways of enjoying your evening that doesn't involve the use of alcohol.

TIP #2:

TRY TO REDUCE YOUR WEIGHT

Old age and obesity are some of the leading causes of snoring. If you are overweight, it means you will have more fat tissues around your neck region. When you assume a sleeping position, these fat tissues will join in restricting your airway, thus causing you to snore loudly.

The first step to losing weight is to watch what you eat – many of us are emotional eaters. This means we eat because we feel like doing so, not because we are hungry. Eating fewer calories than your body burns will help you lose weight. This is not a book on weight loss, so we will not delve deep into that topic.

TIP #3:

TREAT ANY ALLERGIES YOU MIGHT SUFFER FROM

Many allergic conditions exacerbate snoring – they cause an inflammation of the nasal passages, restricting air movement and encourage snoring. If you notice that you are sensitive to allergens such as pollen, dust, etc., it is best to protect yourself from them. And if you mistakenly come in contact with them, take action immediately to ensure they don't cause you allergic reactions such as inflammation of your nasal passages and airway.

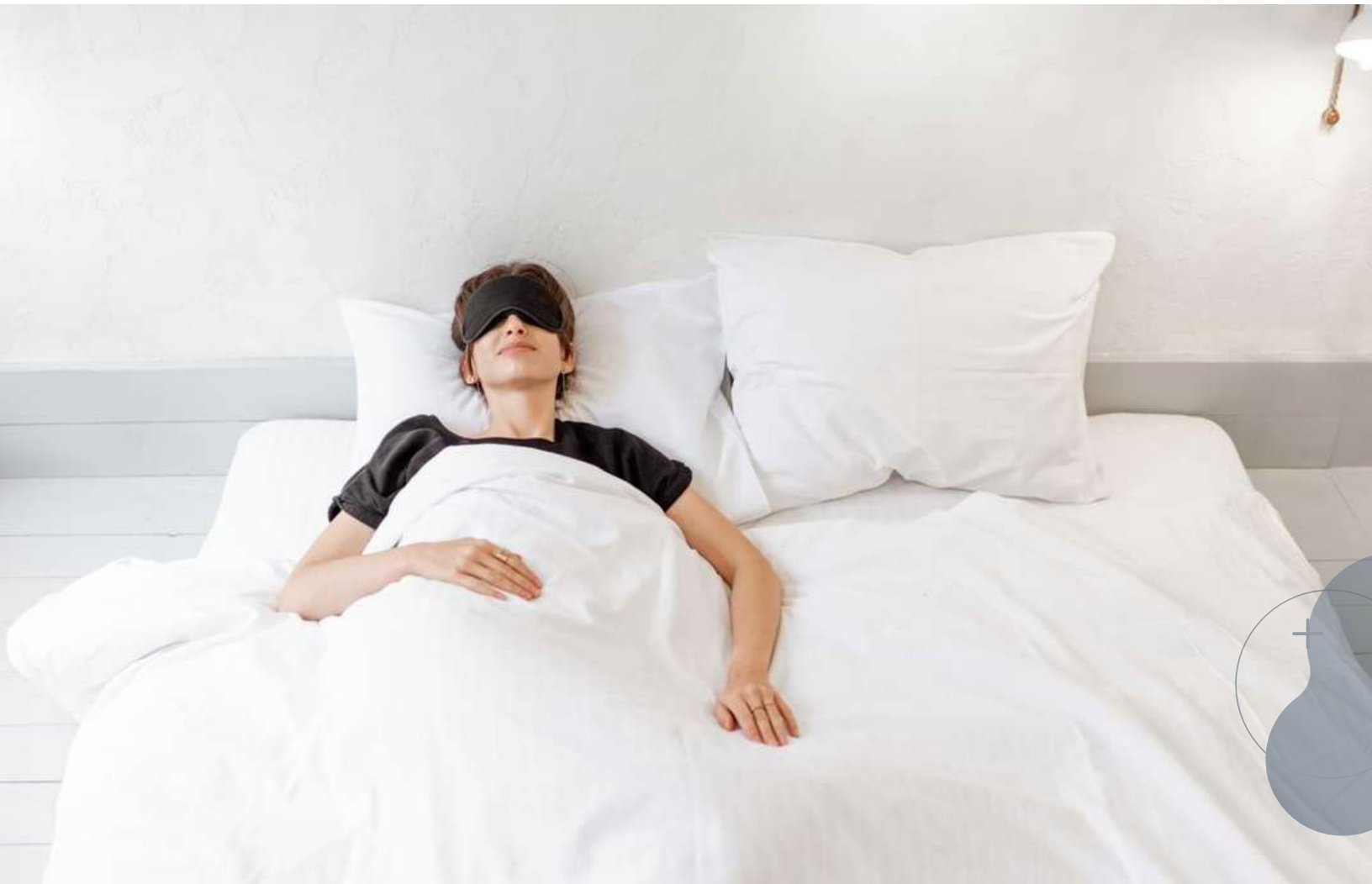
TIP #4:

TRY AND NOT SLEEP ON YOUR BACK

Most people are naturally inclined to sleeping on their back as it is more comfortable for them. However, this sleeping position may be worsening your snoring problem, especially if you are a tongue-based or mouth snorer.

As a tongue-based snorer, sleeping on your back will cause the tongue to slip further backward and block the pharynx, thus restricting the amount of air that goes in. when the airway is restricted, snoring will increase.

If you find other sleeping positions uncomfortable, then consider using a mandibular adjustment device as you sleep. This will ensure that, even if you sleep on your back, you won't snore loudly.



TIP #5:

AVOID TAKING SLEEPING TABLETS

Sleeping pills or tablets, just like alcohol, are depressants and work following the same principle or mechanism. They relax your muscles and make you fall asleep quickly. Remember that the palates, tongue, and uvula are also muscles – so sleeping pills also relax them. This relaxation causes these muscles to collapse and restrict the airways.

If you find it difficult to sleep, **consider other options to help you fall asleep** instead of using pills. For example, consider a more comfortable sleeping position and turn off distractions like your phone and listen to white noise.

TIP #6:

USE A HUMIDIFIER TO MOISTEN THE AIR

Breathing in dry air continuously can affect the palate, tongue, and uvula and exacerbate snoring. How? You may ask. As you breathe in dry air, especially if it passes through your mouth, the air will dry out your tongue and soft palate. This will irritate the soft palate, thus causing you to snore.

A good way to stop that is to humidify the air – use a humidifier that will remain working throughout the night. Humidifiers are inexpensive – you can easily afford one to give yourself a good and silent night's sleep.

TIP #7:

TRY USING AN ANTI-SNORING DEVICE

Anti-snoring devices like SnoRemover™ work to stop snoring by creating more room in the buccal cavity, so that air can pass through to the airway without vibrating the tongue, soft palate, and uvula. They are highly effective in stopping snoring – this is not to mention that they are simple solutions that fit the idea of what most snorers want.

We have dedicated a separate section of this guide to talk about SnoRemover™ and its usage instructions. Kindly refer to that section for all the information you need about SnoRemover™ or check out:

snoredoc.co.uk

8 TIPS FOR ANYONE WHO SUFFERS FROM A SNORING PARTNER

If your partner is a chronic snorer, getting a decent night's sleep can often prove difficult. The reason is – just as you are trying to progress to stage 3 non-REM and finally REM sleep, your partner's snores will wake you up and make you go back to stage 1 non-REM sleep.

If you spend most of your sleep cycle in stage 1 and 2 non-REM sleep, you will wake up the next morning feeling fatigued and unrefreshed. To feel properly reinvigorated and refreshed in the morning, you need a healthy dose of REM sleep.

If your partner snores, there are a **few things you can do to help yourself** to a good night's sleep. While you are applying these tips, you can also work with your partner to get a good solution to their snoring issue.

TIP #1:

FALL ASLEEP FIRST

Something as simple as falling asleep first can help you escape hearing the rumbling sounds your partner makes when they sleep. The earlier you fall asleep, the earlier you will get to stage 3 non-REM and REM sleep. During these mentioned sleep stages, waking you up becomes a lot harder. So, even if your partner starts making sounds similar to that of a 20th-century diesel generator, you will not wake up.

Remember, snoring occurs during stage 3 non-REM and REM sleep. So, before your partner gets to these stages of sleep, you would have gone into a deeper sleep such that waking you up will be hard. This way, you will enjoy a good sleep and wake up refreshed.

TIP #2:

WEAR EARPLUGS

Earplugs do an excellent job at shutting out unwanted sound – and if worn correctly, it might help you to shut out the snoring sounds that your partner makes. They are inexpensive and come in different sizes – you will have to find the right size for your convenience.

Of course, you will feel uncomfortable the first time you wear the plugs – but after a few days, you will become used to them and sleep well, totally oblivious of the plugs.

TIP #3:

LISTEN TO RELAXING MUSIC OR WHITE NOISE

White noise refers to sounds of the same frequency that are good for obliterating unwanted sound. The humming sound produced by a refrigerator is a perfect example of white sound. Also, the sound that rain makes when hitting your roof is another example of white sound.

Since white sound has the same frequency, it soothes the mind and consequently obliterates unwanted noise from your partner or even the environment. In addition to white noise, listening to relaxing music such as symphonies can also do the same trick.

You will find a lot of options on white noise on YouTube and music streaming platforms.

TIP #4:

SLEEP IN A DIFFERENT ROOM

Sleeping in another room different from your partner can help, but it is a drastic measure with consequences. Already, ¼ of UK couples sleep in a different bed. So, if you decide to sleep in a different room from your partner, you won't be the first to start it.

While this may help you escape the snoring sounds from your partner, it will surely take a huge toll on your relationship. Your sex life will suffer since sexual chemistry is often stimulated by the physical presence of the partners involved. So, if you still value intimacy with your partner and don’t want it eroded, this may not be the best option for you.

TIP#5:

CHANGE YOUR PARTNER'S POSITION

Some sleeping positions encourage snoring more than others. For instance, if your partner is a tongue-based snorer, sleeping on their back will make them more susceptible to snoring. So, if you join them in bed and notice that they are lying on their back, you can help them and yourself by repositioning them, so they lie on their side.

Many times, **you don't even need to adjust their position entirely**; something as simple as tapping them on the shoulder may help stop them from snoring, albeit temporarily.

TIP #6:

HAVE YOUR PARTNER AVOID ALCOHOL AND FOOD CONSUMPTION BEFORE BED

Alcohol is a central nervous system depressant – meaning it helps to relax your muscles. Taking alcohol before bed will contribute to an excess relaxation of the muscles, thus exacerbating snoring. If your partner is a snorer, you can help them and yourself by ensuring they eschew unhealthy habits such as alcohol consumption before bed.

TIP #7:

HAVE DIFFERENT SLEEPING SCHEDULES

You could consider working with your partner to develop a different sleeping schedule that works for the two of you. This may only be possible, depending on the nature of your jobs and your daily routines. However, if it can be done, consider it as a worthy option.

TIP #8:

TALK WITH YOUR PARTNER AND BUY AN ANTI-SNORING DEVICE

Anti-snoring devices like SnoRemover™ are plug-n-play options that give snorers instant relief from snoring. The other tips we have mentioned will only give you and your partner temporary relief. While you are employing them, you should also be looking at a permanent solution. That's where using an anti-snoring device will come in handy.

"It's good to talk"

Your partner may kick against the idea of using an anti-snoring device. However, if you discuss with them and they are understanding enough to recognize the inconveniences they cause you, they will be more than happy to wear the device.

HEALTHY LIFESTYLE CHOICES

While the anti-snoring devices we have described in this chapter work well, especially SnoRemover™ and CPAP, the truth remains that they will work even better if you combine them with healthy lifestyle choices.

For instance, people naturally start snoring as they get older – also, obesity contributes a lot to snoring. So, if you get your weight under control, you will significantly reduce the rate at which you snore.

It is good to use anti-snoring devices to get an instant solution. However, while you are using the devices, don't relax, **make some lifestyle changes** and watch your weight. These healthy changes combined with SnoRemover™ will give you long term relief.

In the next chapter, we will look at how to use SnoRemover™, one of the most effective anti-snoring devices out there. Read on.

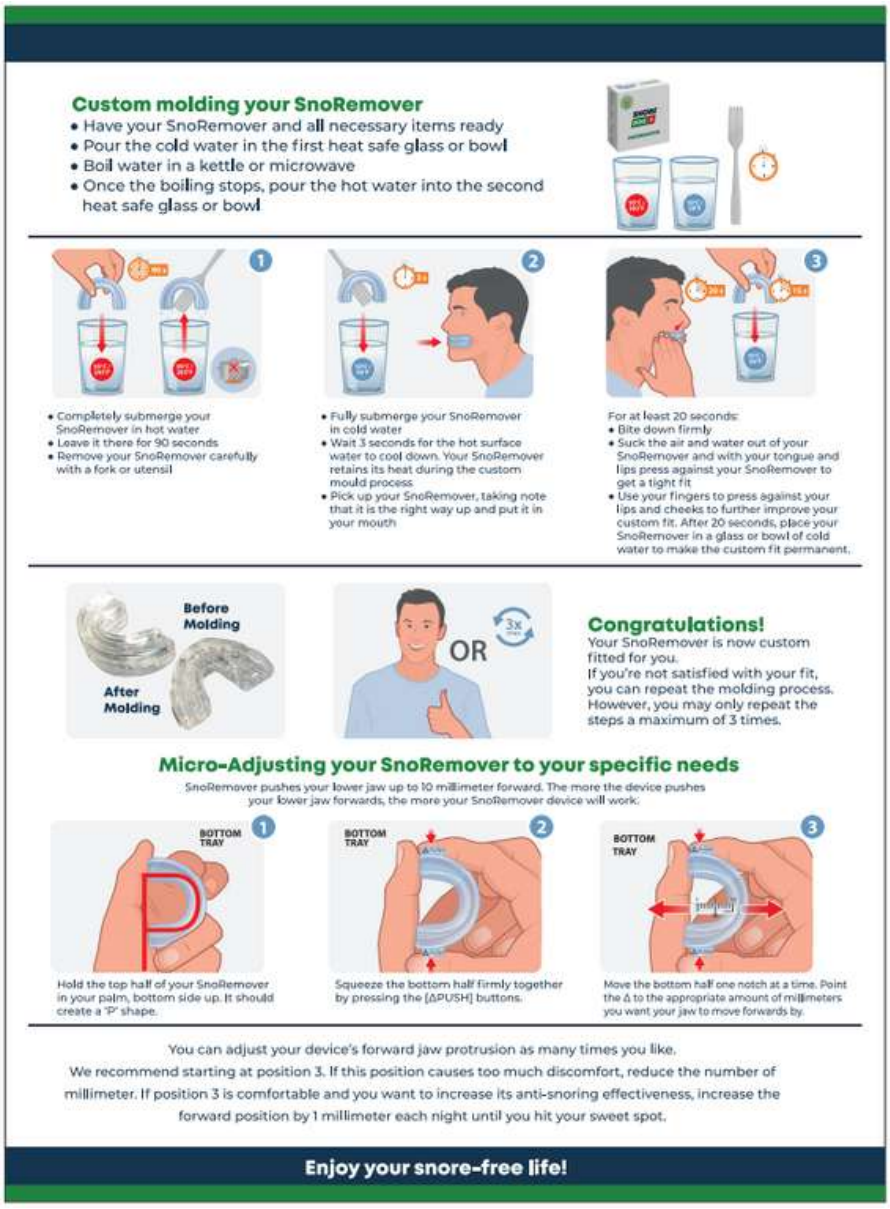
CHAPTER FIVE:

SNOREMOVER™

Apart from CPAP devices, which obviously have some limitations, mandibular adjustment devices, which SnoRemover™ is one, are the best option for anyone trying to stop snoring. As mentioned earlier, SnoRemover™ is easy to use and extremely effective. In this chapter, we will talk about how to use SnoRemover™, what it will do and how it impacts your life as it will remove the snoring.

SnoRemover™ usage instructions

The image below illustrates how to use your SnoRemover™ MAD.



HOW DOES SNOREMOVER™ ACTUALLY WORK?

SnoRemover™ pushes the lower jaw just a few millimeters forward which allows this fully adjustable snoring technology to release the back of the tongue.

This frees up your airway, whilst also firming up the tissue in the back of the throat, which makes it less floppy and less prone to the vibration that causes the unmistakable sound of snoring.

Want to know more?

snoredoc.co.uk

GO TO BED WITH SATISFACTION. WAKE UP WITH DETERMINATION

Kick your snoring habit and use your newfound vitality to:

- Hunt that promotion at work
- Keep up with the kids
- Re-igniting romance
- Chase the best version of yourself.

It all starts with restful sleep.

The type of uninterrupted, peaceful slumber that invigorates your life, helping you wake up with the energy of a kid on a 4 o'clock sugar high.

SnoRemover™ is clinically proven to aid your sleep and eliminate snoring from your life for good. **Are you ready to join the evolution of wellbeing?**

WHAT HAPPENS WHEN THE ROARING STOPS?

Snoring interrupts normal breathing and lowers your oxygen saturation levels. When this destructive symptom stops, your body undergoes numerous physiological modifications that take place over the course of days, weeks, months, or years.

1 NIGHT WITHOUT SNORING

- **Blood oxygen saturation will go up**

Your blood oxygen saturation goes back to its normal levels after one snore-less night. As a result, your breathing becomes more efficient, cardiac function improves, and your risk of apnea and brain anoxia diminishes.

- **Social relationships will improve**

After your first night without snoring, you and your partner will sleep better, which discards all the negative feelings. You might be thinking that one night is not enough for the relationship to be fixed, and while that holds some truth, eliminating snoring from the equation is the fastest way to repair feelings for each other.

- **Brain cells will receive enough oxygen**

Snoring often coincides with frequent breathing pauses during sleep, which compromises the oxygenation of neurons (i.e., brain cells).

1 WEEK WITHOUT SNORING

- **Energy levels will receive a boost**

Shortly after fixing your snoring problem, your energy levels will boost, allowing you to be more active during the day and eliminating daytime sleepiness.

- **Concentration and focus start to restore**

Although not fully recovered, you will notice the first signs that at work, school, and during other tasks, your brain will function better.

1 YEAR WITHOUT SNORING

- **Symptoms of sleep apnea improve**

Sleep apnea and snoring are closely intertwined with each other. Therefore, stopping the vicious cycle of snoring will inevitably improve symptoms of sleep apnea, and in some cases, cure that condition. This is especially true when snoring is the trigger of sleep apnea.

- **Heart remodeling will reverse**

Chronically low levels of oxygen saturation often lead to hyperactive cardiac function, resulting in larger heart chambers. Fortunately, this process is reversible when blood oxygen saturation goes back to normal.

- **Cognitive abilities sharpen**

The brain consumes 20% of all the oxygen in the body, despite representing only 2% of the entire body weight. Any disturbance to the levels of oxygen in the brain will disrupt cognitive abilities (e.g., memory, concentration, critical thinking). Despite listing this benefit under the one-year milestone, you can expect improvements to your cognitive after as fast as one week without snoring.

HOW IS LIFE WITHOUT SNORING??

The first few days after you have stopped snoring can be quite emotional and unbelievable for both you and your partner. Snoring affects every facet of your life – so, **it is no-brainer that finding a solution that will improve your private life, your relationship with your partner, and your career**. While this may sound exaggerated, you will understand how that's possible as we introduce you to our friend, Jerry Woodworth, his battles with snoring, and how he overcame them.

The first time that Jerry would learn that he snores was from his wife, Marissa Woodworth. At the time, Jerry was 43, while his wife was 39. They were high school lovers who went on to get married soon after they completed college. The first time that Marissa noticed the heavy rumbling sounds that Jerry makes while asleep, she felt it was a temporary thing that would soon go away. There were times she thought it was because of an allergy. As a result, she didn't raise much dust about it.

Gradually, days turned into months, and months into years, and instead of reducing, Jerry's snoring had instead increased. At this point, it had become a serious source of concern for Marissa.

As a loving wife, she initiated a heart-to-heart conversation with Jerry about his condition. On several occasions, they brainstormed on several means of getting help.

"Sometimes I had the feeling that life was crumbling right before me. ***I never ever imagined that something 'simple' as snoring would be on the verge of costing me my marriage, sex life, and career****. I always thought that something as simple as snoring was harmless.*

After each night of heavy snoring and interrupted sleep, I woke up dog-tired feeling like a zombie, unable to move a muscle. Every morning, I sat on the side of the bed for 5 minutes forcing myself to get up, resulting in me going half-awake down the stairs for my much-needed coffee. Luckily, sometimes I had a laugh when Marissa took a sip of my coffee. I made it so strong she would instantly spit it out with a big 'Yaaack.'

To this day I often wonder how - and I thank God for this - no accidents happened while I drove off to commute bleary-eyed, yawning, and battling to keep my eyes open.

I endured my days, with my brain and body on five percent battery*.*

Sadly, all remedies we could think of only gave temporary relief. Some of them would work for the first few hours, but once I went into a deep sleep, they stopped working and I would start snoring again. Although my worst fears are hospitals and injections, I even considered going the surgical route. I would have overcome my fear of surgeries, but we found out the insurance did not fully cover my treatment. For us, the financial implications were just too steep, resulting to fully deplete our retirement savings.

That evening in June, after trying for seven years with no solution in sight, Marissa told me she had decided her only option would be to start sleeping in a separate room.
I imagined us getting divorced *and felt emotionally paralyzed hearing the words coming out her mouth.*

It was a strange twist of fate that people at work, who noticed and complained about my lack of concentration and the inability to sometimes - especially in the morning - accomplish simple tasks that brought me to a solution.

My colleague and friend of the family Michael Southgate told me during lunch break he had scrolled his Facebook timeline last night and came across an ad for an anti-snoring device called the ***'SnoRemover' with outstanding reviews. He told me he thought it might sound like a winner.*** *I waved-away his good intent and explained which odd and exotic remedies Marissa and I had already tried.*

At dinner, I told Marissa about the conversation I'd had with Michael. Well, she practically forced me to buy it! And if you know Marissa, it's hard to say 'no' if she sets her mind to it.

But most importantly, I had the best view I could ever wish for: I saw Marissa still sleeping next to me!

Since that night, our relationship has taken a whole new turn. Often it felt we had just started dating anew. Our sex life that was almost non-existent for almost five years now was revived. I had the appetite back and the energy to back it up.

***My new-found energy and vigor also became visible at the office**. It had been a few months of continuous improvements in my ability to think, my creativity, and concentration when one morning my supervisor called me into his office. I first thought: "What the heck did I do??"*

Offering me a seat, he mentioned a new executive role had become vacant. Like the bully he can be, he asked me if I thought it would be a good move to place James - a new co-worker - at this executive position. After he saw me struggle with this question, he burst out in a laugh and told me to clear my desk cause from tomorrow on, that position was mine!

*I thought I was dreaming again. My career had been stuck for several years now, and within a few months, **everything had started to turn around**.*

That evening, Marissa had some red wine and I had a few beers. Even with the alcohol, I didn't even snore that night!

The next morning was a Saturday, and Marissa challenged me to a road walk. While she covered more distance, I was surprised to find out how much energy I had to cover a significant distance.
Just a few months ago, my life was crashing before me, and fast forward to some months later, it was as if I had just been recreated anew. All thanks to the SnoRemover.

Nowadays, I often realize how happy I am, not always feeling tired, waking up with a headache, sleeping separately and surviving life in general. I wasn't born for that, and neither were you!"

Or were you?
At the end of the day, positive change only comes to those who actively seek it out. If you're not commited to a life without snoring, you're committed to the myriad of complications that can crop up otherwise.

If we've got you all wrong, and you were born to live with vigor and pizzazz, head over to: **snoredoc.co.uk**