

How Can I Stop Snoring?



Overview

If you snore, you know how frustrating it can be. Snoring robs you and your partner of restful sleep. But there are many ways to treat snoring. Let's learn about how you can get relief.

See your doctor

First, see your doctor. Find out if your snoring is caused by a problem like being overweight or having an airway blockage. Your doctor can examine you and look for these issues. If the cause of your snoring isn't obvious, you may need to see a specialist for a sleep study.

Lifestyle changes

Now, let's learn about some snoring remedies. First, you may need to make some lifestyle changes. You may need to lose weight or stop smoking. You may need to limit your alcohol use.

Home remedies

Next, there are home remedies. These include things like oral appliances and nasal dilator strips to open your nose and throat. There are also devices you can wear to keep you from sleeping on your back.



Palate stiffening

Your doctor may suggest a procedure to stiffen your soft palate. That's the roof of your mouth. It's the tissue that vibrates when you snore. The soft palate can be stiffened with implants or sutures. It can also be stiffened with injections or with a radiofrequency procedure.

Surgery

And finally, you may need surgery. Enlarged tonsils or adenoids can be removed. You may need to have a nasal defect repaired to help air flow properly when you breathe. Your doctor will create a plan that's right for you.

