

# HOW TO STOP SNORING

**SNORING AFFECTS BOTH YOU AND YOUR BED PARTNER, AND CAN SIGNAL MORE SERIOUS HEALTH PROBLEMS.**

**43%**

of adults lose sleep due to snoring partner

**75 million**

number of people in U.S. who snore

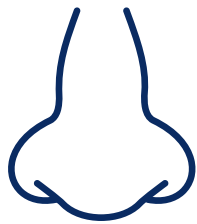
**50%**

of snorers have sleep apnea

Snoring can be caused by a number of factors, including anatomy of your mouth, sinuses and neck, alcohol consumption, allergies, a cold, and your weight.

## TYPES OF SNORING

### NOSE-BASED



nostrils may be blocked due to deviated septum or physical obstruction

### MOUTH-BASED



blocked nasal passages, enlarged tonsils, weak palatal tissue

### TONGUE-BASED



tongue gets too relaxed, which blocks airflow into lungs

### THROAT-BASED



loudest and most dangerous type, typically a result of sleep apnea, occurs in every sleeping position

## HOW TO STOP SNORING

### Elevate Your Head

Keeps air passage more free and open.

### Sleep on Your Side

Side sleeping allows air to flow more easily.

### Quit Smoking & Vaping

Nicotine irritates the mucous membrane, which can make snoring worse.

### Lose Excess Weight

Excess weight can lead to extra fatty tissue in the back of throat, which narrows airway.

### Limit Alcohol

Alcohol relaxes the throat muscle, which can block airflow. Limit alcohol 2 hrs before bed.

### Test for Sleep Apnea

Chronic, heavy snoring may signal sleep apnea, a serious condition where you stop breathing multiple times throughout the night.

**IF YOU SUSPECT THAT YOU OR YOUR PARTNER HAS SLEEP APNEA, DON'T WAIT TO GET TESTED. NOW YOU CAN GET TESTED FROM THE COMFORT OF YOUR OWN BED WITH AN AT-HOME SLEEP STUDY. VISIT [WWW.CPAPRX.COM](http://WWW.CPAPRX.COM) TO LEARN MORE.**

