

# Snoring Tip Sheet

## Snoring risk factors and causes:

- overweight
- age
- pregnant
- congested
- sleep position (worse for back sleepers)
- night time alcohol
- smoking
- meds (relaxants, sedatives)
- genetics (family history of snoring)
- sex (men more likely than women)
- medical conditions (sleep apnea, other things)

## Snoring remedies:

- Avoid getting overtired
- Sleep on your side
- Slightly elevate your head
- Avoid alcohol at night
- Avoid smoking
- Humidify your bedroom
- Adjust your meds
- Weightloss (diet, exercise)
- Sleep apnea treatment
- Surgery

**Some sleep apnea symptoms:** snoring, pauses in breathing, gasping sounds, dry mouth or sore throat, poor sleep, frequent night time bathroom visits, fatigue, irritability

For more info, visit [SleepApnea.org](http://SleepApnea.org)