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# How to Stop Snoring Once and For All

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# How to Stop Snoring Once and For All

## Stop Snoring for Better Rest

It happens every night in homes all over the world. People retire to their beds after a long day filled with stress and excitement only to find more stress. The stress that afflicts many people during the night has to deal with a snoring spouse or partner.

Snoring accounts for many lost hours of sleep each night. The lost sleep is not just an issue for the men or women who are in the bed next to the snorer. Other family members can lose sleep over the problem as well. The booming sound of the snoring might reverberate throughout an entire house, with little escape for those left struggling to sleep against the noise.

For many people though, the issue of snoring reaches far beyond just the annoyance and frustration of the sound. For some people snoring is a symptom of a much more serious problem. That problem is sleep apnea, when a person who is asleep stops breathing. If you live with a snorer who sleeps deeply, you may have been witness to this without even realizing it.

Often a person who is snoring falls into a rhythmic breathing pattern that is saturated with loud intakes of breath. As they breathe out they make a noise which is the snoring that other people hear. If that person ever seems to catch their breath, the snoring might stop momentarily, that silence could be the beginning of sleep apnea.

There are many remedies that claim to quiet the unruly noise that emanates from the snorer. Everything to adhesive strips that are said to open the nose passages to in serious cases, surgery to correct breathing problems. If the snoring is changing the sleep patterns of either the snorer or their family members trying a few approaches to halting the noise is a great idea.

It's even been suggested that snoring can be a symptom of something as simple as an allergy to either an environmental agent or even a particular food. The person might eat something for dinner and then later that evening, roll into a deep, noisy sleep. Monitoring the diet is a great first step to determine if the snoring occurs more frequently after a particular food is eaten.

There are also many natural supplements that are said to aid in helping to stop the problem of snoring. Some of them are directed at helping the snorer by relaxing the muscles that often are associated with the snoring. Others are geared towards addressing some of the other issues that have long been thought to contribute to snoring; things like being overweight or inactive.

How you sleep might also play a role in whether or not you are having a sleep that is peaceful for everyone around you. It's been suggested that if you sleep on your back you might be more prone to snoring. By adjusting the bed to encourage your body to remain on its side, the issue of snoring might become mute.

Researching new techniques and taking the time to investigate what works for you could mean a long and peaceful sleep for everyone involved. There are ways to stop snoring and once you find the solution your family will be eternally grateful.

## **Losing Weight Can Help Stop Snoring**

For anyone who has lived with a snorer they will tell you that the idea of having a restful night that isn't filled with the constant sound coming from their partner would be priceless. Many people see snoring as something of a win at the unlucky lottery. It fits into the "worse" category of the "for better or for worse" part of the marriage vows. However there may be a solution to that noisy problem that has another beneficial side effect as well.

Losing weight might be the answer to the snoring problem. When a person is overweight they will often also snore. By taking off some of the excess pounds the snoring will stop. The reason for this is because some people hold excess weight around their chests and neck areas. The added pressure weighs the muscles down and hence they snore.

As they gain weight the snoring problem may worsen to the point that their spouse has to leave the room to sleep elsewhere. This can and often does ultimately affect the marriage or relationship. In cases like that, it's obvious that finding a way to stop the snoring is terribly important, and doing so before the problem reaches a point where the relationship is damaged should be the ultimate goal.

The difference between a quiet, restful sleep and a fitful, noisy sleep might not be more than a few pounds. One of the more effective ways to lose weight is to exercise. This serves a dual purpose since it is also believed that exercise has a positive effect on snoring too.

Eating a healthy diet is always a good idea. When we consume healthy foods in moderation our bodies will react by slimming down. Realizing that by accomplishing a weight loss goal you may also be ending the problem of snoring, can bump up your willpower a great deal.

Snoring can be the cause of a difficult sleep for not only the person living with the snorer but the person doing the snoring as well. Changing eating habits and getting out and exercising are natural and healthy ways to combat the snoring. By looking at the weight problem as a solution to the snoring problem it can be a strong factor in convincing a person that they truly are killing two birds with one diet, so to speak.

Losing weight does not have to be about drastically restricting calories and exercising for hours each day. Instead it can be about consciously choosing what to eat each day, recognizing the value in a balanced diet and moving your body to not only shed some pounds but to strengthen it as well.

In the end you'll find yourself with not only a great looking outside but with a quieter inside. Snoring is a problem that can be stopped and wanting to do that for not only yourself but those

who have to be subjected to the noise night-after-night is a great way to give the gift of silence.

## **Natural Supplements Can Help Stop Snoring**

For anyone who has spent even one night with a snorer, they will tell you that a solution to the problem is worth almost anything. Snoring is a chronic condition for many men and women and its effects are longer reaching than many people realize. Snoring accounts for many lost hours of sleep which translates into a loss of clarity and focus for some people. It's even been suggested that snoring is responsible for many hours of lost work.

The good news is that snoring is a condition that can be treated. The snoring can be stopped. One method that some people are turning to is the natural supplement solution.

There are products that have been introduced that claim to quiet the roaring boom of the snorer. Some of these products are all natural and are composed of substances taken straight from Mother Nature's bounty. For people who don't like the idea of turning to a prescription medication to stop their snoring, these natural supplements offer a perfect solution.

One such product that has been in the spotlight as of late is in the form of a spray. The spray is made from natural ingredients and the snorer simply points it towards the back of their throats before going to bed each night and it claims to act like a lubricant allowing the flow of air through the throat during the night. This type of product is appealing as a method of stopping snoring because in addition to be completely natural it's very simple to use. Also the fact that it is all natural is comforting for people who want to address the issue of their snoring without the added worry of using a prescription medication that might have adverse side effects.

Another natural remedy that may work to quiet the loud snoring sleeper is a tablet that contains herbs that work naturally at reducing the amount of mucous in a person's throat. Sometimes when a person is feeling congested, that congestion is coating some of the muscles in the throat which narrows the airway.

If this happens one of the results can be that the person will snore. They may not even be aware that the congestion is contributing to their snoring. By taking a natural supplement that works at breaking up the mucous, they will find it easier to breathe both during the day and at night. This can have a significant effect on how loud they snore and in some cases it may quiet the snoring completely.

There are natural approaches to dealing with the problem of chronic snoring. Investigating the probable cause of the snoring and then researching the alternatives by either talking to an expert in natural medicine or visiting a health food store is a great first step to addressing the problem. It is reassuring to know that the way to stop your snoring might be a simple and natural remedy. Trying a natural remedy to cure your snoring problem can be both safe and effective.

## **Exercise Can Help Stop Snoring**

Snoring is a problem that affects numerous people all over the globe each night. It's so serious in some cases that it can ultimately lead to the end of a relationship. Sleep is a vital component in living a healthy and stress-free life and if your sleep is being disturbed by your own snoring or the snoring problem of a partner, it might be time to take some action.

There are numerous treatments available for those who snore including medication, tricks to keep you sleeping in a certain position or in extreme cases surgery. The solution to stop snoring might not be something that requires more than a few moments of physical activity each day. Exercise might be the answer to the snoring question.

One of the common causes of snoring seems to be excess body weight. Using exercise as part of a program to lose weight can also have the added benefit of stopping your snoring. This is by far the most natural way to quiet those nightly demons.

The exercise need not be strenuous. Even something as simple as walking each day can have an enormous impact on the person snoring. Their bodies become toned and at the same time the extra weight that they have been carrying around their throats melts away and over time the snoring quiets and eventually may disappear all together.

Swimming, hiking or riding a bicycle are all excellent methods of exercising the body. If done outside they add the extra benefit of getting the individual breathing fresh air and enjoying the elements. It can be refreshing for someone who often suffers from a fitful sleep because of snoring.

It's important to choose an activity that is appealing to you. It's also important to recognize that while exercising might not be your first choice of activity it can be vitally important to a healthy and balanced life particularly in the case of someone who snores. Snoring has many side effects including loss of sleep, loss of energy, less productivity at work and less motivation to do things. This can change a person's life; often in a very negative way.

For people who snore that are single, often the reason that they haven't pursued a committed relationship is because they are embarrassed by their snoring. This can lead to a sense of depression and self-doubt which in some people leads to the urge to overeat. They are jumping into a bitter cycle, gaining weight because they are eating to forget the snoring problem. Yet the increased eating leads to more weight which contributes to the snoring.

If you are married or partners with a snorer, it's beneficial to encourage them to exercise this is especially true if they are significantly overweight. People who are obese often suffer from a condition that can result in their breathing stopping while they are asleep. It is called sleep apnea and one of the symptoms of the condition is snoring. This is a serious medical condition and it can be treated by simply losing weight.

Stopping snoring by losing weight is a wonderful way to take care of not only your sleep problems but your entire body.

## **Hypnotism Can Help Stop Snoring**

If you have lived with a snorer for any length of time, you've probably tossed and turned through a few sleepless nights. Short of taping the snoring person's nose closed to quiet them or finding ear plugs that completely block the sound, you haven't been able to find a solution.

For some people the remedy to stop snoring might come in the form of hypnosis. For centuries people have been turning to hypnosis for many reasons. In recent years, one of those reasons is to stop snoring.

If you've ever watched a stage show that featured a hypnotist you might have witnessed people acting silly and taking on personas that weren't their own. The same idea behind that is used to address issues such as smoking, weight loss and even snoring. By relaxing and being hypnotized the person who is snoring can find the relief that they desperately seek.

Hypnotism involves tapping into the subconscious mind through a series of very specific techniques. A trained hypnotist leads the person to a place where they feel utterly relaxed, than through the use of suggestions the person can literally change the way they think and feel. For some people this can be the solution to life-changing problems including snoring.

There are numerous audio recordings available that offer the chance to be hypnotized to stop snoring in the comfort of your own home. They generally come with instructions and they suggest that if followed correctly, snoring will soon be nothing more than a distant memory. For someone uncomfortable with the idea of visiting a hypnotist this might be a satisfactory solution. They simply listen to the recording and their mind will take over blocking the snoring. This approach doesn't work for everyone and an alternative might be to visit a hypnotist in person.

It's important to research a hypnotist before you decide to undergo hypnosis as a solution to help you stop snoring. Training is essential and it's also crucial to visit someone who has had success in working with people who have snored in the past.

Hypnosis is not an area that everyone is familiar with so being certain that you are making an informed decision is essential to success. Choosing a professional with whom you feel comfortable and confident can be the foundation for a good experience. It's wonderful to imagine that your snoring can be stopped with the aid of someone who can reach into your mind and adjust the body so snoring doesn't occur anymore.

Not everyone can be hypnotized. Some people subconsciously resist it, but if you do find that you are able to relax to the point where you are open and receptive to the suggestions involved with quieting a snoring problem, than it can work for you. Many people have had success with using hypnotism to stop snoring. If snoring is having an impact on your life or the lives of those around you, than finding a trained and experienced hypnotist could be the first step to a lifetime free of snoring.

## **Quitting Smoking Can Help Stop Snoring**

If you smoke you've already been subjected to all the literature and information that details how damaging that habit can be to your health. You know about the impact of the chemicals in cigarettes on not only your lungs but your heart. Smoking can contribute to another problem that is wide-spread and creates conflict in many homes, that problem is snoring.

If a person smokes they are generally more likely to snore. The reasoning behind this is quite simple. The chemicals found in cigarettes and cigars cause changes in the tissue of the throat. When this tissue becomes irritated it can make a difference in how air flows through the throat. This difference is often what results in snoring. The air is obstructed in some way and it shifts, causing a change in how the person is breathing. The person affected might not even realize that their snoring is related to the fact that they smoke.

Snoring is a serious condition that can drastically impact the lives of not only the person afflicted with it but those around them. Smoking is much the same. Its damaging effects are documented and if a person is smoking around others, those same consequences can affect them. The same can be said of snoring which changes the lives of others by stealing hours of sleep from them and by causing unnecessary stress and frustration.

Making a decision to stop smoking will have an impact on your health almost immediately. The person will generally feel more energized and will find it easier to breathe. It is that change that can directly influence whether or not they snore. With an air passage that is not clogged with the chemicals from cigarettes, the flow of air is smooth.

If the throat tissues aren't irritated than there is a likely chance that the person won't snore. This will result in them feeling more rested, more alert and having the ability to focus on things in a much clearer way. This can change a person's life significantly. If years have been spent struggling with the problem of snoring. Having that burden lifted from your life can drastically change everything from how you perform at your job to how fulfilling your marriage is. Quitting smoking can be a healthy and beneficial method of stopping a snoring problem.

Research has suggested that if a person stops smoking it might have an immediate impact on their snoring. Some people notice a change in their sleep patterns within days of having their last cigarette. This change can occur regardless of how long you have been smoking.

If you are snoring as a result of smoking, whether you are a teenager experimenting with tobacco or a senior who has smoked their entire life, stopping now can also finally stop the snoring problem which may have been plaguing you for years. It's a positive step in a healthy direction and butting out can also silence the snores that have bothered you for years.

## **The Connection Between Dairy Products and Snoring**

When we or a person we love snores, we often try and do everything we can to remedy the problem. Stopping the snoring by discovering its cause can become a futile mission if we aren't looking in the right direction. If exercise, dieting, or natural health aids haven't won the snoring

war it might be time to look in another direction. The answer to quieting the rumblings of a snorer might be in that glass of milk they had with their dinner.

Milk contains materials that can produce mucous in some people. There's an old wives tale that suggests that if you have a head cold you shouldn't drink milk. The reasoning is that the milk will contribute to the build-up of mucous that is already present and make the person suffering from the cold that much worse. Their nose becomes stuffier, their chest might feel congested and it becomes more difficult to breathe.

It's that idea that leads some people to avoid the consumption of dairy products before bed. They believe that if they drink a glass of warm milk to help them fall asleep, that sleep will be riddled with the sounds of snoring. The milk producing mucous which becomes lodged within the throat passage and causes a narrowing which leaves less room for breathing, hence the resulting noise we refer to as snoring.

If you are dining later and consuming milk it might be worth noting if you snore that night or if you snore when normally you don't. If you do discover that this is true, then the next step would obviously be to restrict your dairy intake or to consume products from the dairy family earlier in the day so your body has time to digest them before bedtime. If you rely on the milk you are drinking with your evening meal as a form of daily calcium, perhaps try drinking it with breakfast or lunch instead. Those few hours might make all the difference in whether or not you snore.

Adults aren't the only ones who snore. Often you can hear your infant or child while they sleep. Their breathing perhaps not as loud as your spouses when they are snoring, but it's evident that the subtle drone coming from your offspring is snoring in some form. The idea that milk and dairy products contribute to snoring is illustrated by the fact that children do snore. They consume, on average, more milk than most adults. For a child who tends to develop mucous build-up their breathing might be even more pronounced after they've had a dinner that included several servings of dairy products.

Although it's not wise to limit your child's intake of dairy if they are snoring, it could be a great and effective alternative for someone older. By choosing to take a calcium supplement as a replacement for a glass or two of milk, you could come out on the winning end by finding a peaceful night's sleep that's free of snoring.

## **The Connection Between Alcohol and Snoring**

It's relaxing and pleasurable to hit the bar after work with some friends. It gives you a chance to unwind and share a cocktail or two before you head home to bed. That stop at the bar might be costing you more than the price of a drink or two though. It might be costing you a night that doesn't involve waking up tired.

Alcohol can cause snoring. By partaking of a drink or two you can be setting yourself up to snore. The reason is that when we drink our bodies become relaxed, this includes the muscles of the throat. Often when a person has had a few cocktails to drink they will fall into a very

deep sleep, a very relaxed sleep which can result in very loud snoring. If you've ever been at a party or social gathering where someone has consumed too much alcohol and fallen asleep, you might remember that they were snoring, and if you told them after, they'd say that they don't snore. That just might be true. Often a person only snores when they have been drinking liquor.

To stop the snoring they need to first become aware that their drinking is contributing to the seriousness of the problem. For someone in a relationship, their significant other will probably complain enough about the sound of the snoring and its effects that no other reminder will be necessary.

For others, it might be that their snoring wakes them up. This can occur if the snoring is particularly loud and the person is sleeping restlessly. They'll find themselves jolted awake and wondering what was the cause. The cause is almost always that the snoring has startled them enough to wake them from their slumber. It's very hard to recognize this yourself though, after all how can we hear ourselves snore when we are asleep, especially a very deep sleep that results from the relaxing effects of alcohol.

The best and easiest way to remedy snoring that is caused by alcohol consumption is to either drink less or in some cases, not drink liquor at all. If this isn't an acceptable option another alternative might be to switch to another type of drink. Some beverages contain a higher concentration of alcohol than others. If you are snoring because you've been drinking a few glasses of wine, switching to beer might greatly improve the situation.

Another approach to stopping your snoring when it's brought on by drinking is to eat more while you consume the alcohol. Eating while drinking spirits can help you absorb less of the alcohol into your system. For someone who snores because of alcohol this can be very significant, it allows them to drink while at the same time, their sleep that night won't be too deeply affected by snoring.

If snoring is being brought on because of that beer that you drink with your dinner, it might be time to switch to a soda or a glass of water. Weighing the pleasure of the drink against the possibility of stopping snoring is a personal choice.

### **Limiting Eating Before Bedtime Can Help Stop Snoring**

It's getting to close to bedtime and your stomach is looking for a late night snack. You go to the kitchen and decide on a nice thick slice of chocolate cake. After brushing your teeth you tuck yourself into bed and within hours you feel the familiar hand of your spouse trying to wake you up so you'll stop snoring.

Snoring is a problem that almost everyone has had to deal with at some point. Whether it was a parent who snored, a partner or their own snoring problem, it changed not only their sleep patterns but their stress level as well. If we don't get a good night's rest we can end up irritated, frustrated and angry with the person who snores, even if logically it seems that there is nothing they can do about it.

There might be something that can easily change the situation and help them to stop snoring. The solution might be found in their menu. The foods we eat can have a direct impact on whether or not we snore.

Eating right before you retire for the night gives your body less of a chance to digest the food. This can result in the food sitting within your stomach and depending on the size of the snack or the meal it can also cause you to feel pressure on your diaphragm. It is that pressure that can result in snoring.

Adjusting your meal time might help improve the snoring. If you are accustomed to eating dinner later in the evening at eight or nine o'clock, it might be wise to move that ahead several hours so that by the time you do hit the hay, the food will have been digested and it won't result in a restless sleep that is filled with the sounds of snoring.

Experimenting a bit with eating times is wise in this case. It might be as simple as an hour difference in time that results in you snoring or not. That is a small change that can have a big result in not only your sleep but in the sleep of those who have listened to you snore night after night.

Snacks are often a regular routine of night time television viewing. Eating potato chips, popcorn or pretzels is a great way to add flavor to an evening of sports or movies. Choosing a different snack might help you to have a sounder sleep though. Some research suggests that honey has a positive effect on the airways and can help stop snoring. Eating an apple dipped in honey or having a cup of warm tea with honey will not only help with stopping the snoring but it won't place such a heavy burden on your digestive system at the end of the day.

Overall the main points to remember when eating to avoid snoring are:

- Avoid eating late in the day.
- Avoid eating snacks that contain too many calories
- Avoid snacks that take a long time to digest.

Looking carefully at your diet and your dietary habits might result in not only a healthier eating pattern but also may help with a snoring problem. Simply adjusting what you eat and when you eat it could stop your snoring completely.

### **A Consistent Sleep Pattern Can Help Stop Snoring**

During the week when you're working you might try and get to bed at a decent hour. You realize and recognize that a full eight or nine hours of sleep each night is essential to focus and productivity at work. When the weekend rolls around, you decide to go out and party and as a result you don't get to bed until the crack of dawn. The difference might not only be your bedtime or the hours of sleep you get but it might also be whether or not you snore.

Going to bed at the same time each night and sleeping the same amount of hours can have a direct impact on snoring. Snoring is never a good thing and it's sometimes a very sore spot in a relationship, especially when it's keeping one partner awake almost every night. The cause of the snoring could be contributed to a lack of sleep. Our bodies crave routine be it in the form of exercise, the number of calories we consume, and also how much sleep we are giving it every night.

Our bodies depend on sleep to remain rested and vital. Routine is good and when our body is forced out of that routine, whether that be because of illness, stress or in this case a lack of sleep it can cause a person to snore. Snoring results in a fitful sleep that might leave the person feeling more tired than before they went to bed. It can also directly change the sleep patterns of those that the snorer lives with.

For someone who has a snoring problem, the idea of a scheduled pattern of sleep is well worth trying. It involves going to bed each night at approximately the same time and waking the next morning at a predetermined time. The use of an alarm clock is very helpful. Over time you might even notice that your body will develop its own inner clock and you'll awaken just before the alarm clock rings, after a nice free of snoring.

By developing this type of sleep pattern, the person will have less chance of snoring. Their body will be following a regular routine and that results in a feeling of being rested which is essential to good health.

Sound sleep is often a contributing factor in whether or not a person snores. The difference between sleeping in a very quiet room as opposed to a room where there is outside noise filtering in can also play a role in snoring.

If your goal is to stop snoring, it's important to establish a regular sleep routine and stick to it all week long. Your body will appreciate the regularity and with the added bonus of being rested, the chances of you snoring decrease. Pick a time to go to bed that you can live with and a time that's easy to wake up to each day. Stick to it and you may just stop your snoring.

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