

# CAUSES OF SNORING



## Causes of Snoring

Snoring is very common and can be caused by a variety of factors. Some of the more common ones include obesity, genetics, allergy and aging. This section will discuss the snoring causes in detail.

- Obesity
- Genetics
- Alcohol consumption / smoking
- Allergies, congestion, sickness
- Nasal structure/obstructions
- Aging

## Consumption of Alcohol

Having too much alcohol before bedtime can trigger snoring. This is because alcohol relaxes the throat muscles and lowers your body's natural defense against the blockage of the airways.

## Certain Medications

Certain drugs, medications or muscle relaxants can cause you to snore. This happens because these elements relax your tongue muscles and the throat tissues.

## Aging

Snoring tends to increase with people of older age. This is, again, due to the relaxation of the throat tissues due to age. Smoking has the same effect, leading to more snoring as well.

## Obesity and Genetics

Those who are pregnant or obese usually have additional tissue in their throats. These bulky tissues can cause snoring. Besides this, genetics can play a part in causing snoring as well. This includes having large adenoids, enlarged tonsils or long uvula. The uvula is the long hanging tissue at the back of our mouths. A long uvula or a long and soft palate could narrow the opening between the throat and nose, leading to the person snoring.

## Allergies

Allergies could prevent you from breathing through your nose when it blocks up. This means you would need to breathe through your mouth, causing you to start snoring. In addition to allergies, this could also include having a cold or the flu, which may cause a nose block.

## Nasal Structure

Any nose deformity or nasal structural issue could also cause snoring, like a deviated septum or nasal polyps. The narrower the air passage tends to be, the stronger the airflow is. This leads to louder snoring.

## Sleeping Position and Lack of Sleep

While this may not seem very important, lack of sleep can lead to the relaxation of the throat tissues, causing snoring. Your sleep position can also induce snoring. In most cases, snoring is loudest when one lies on their back. This could be due to gravity.



# Causes And Natural Remedies For Snoring Problems

**Jack Croft**



## **Causes And Natural Remedies For Snoring Problems:**

*How to Stop Snoring Naturally* M. Usman, John Davidson, 2016-01-02 Table of Contents Preface Snoring Chapter 1 Snoring and its characteristics Chapter 2 Health risks associated with snoring Causes of Snoring Chapter 3 Causes of Snoring Chapter 4 How you snore shows why you snore Natural remedies to stop snoring Chapter 5 Tips to stop snoring naturally Chapter 6 Bedtime remedies Chapter 7 Throat exercises Chapter 8 Home remedies for curing snoring Dealing with your snoring complaints Chapter 9 Communicating with your partner Chapter 10 Dealing with the snoring complaints Chapter 11 Self defense Chapter 12 When to see a doctor Conclusion References About the Author Publisher Preface Around 45% of normal adults snore occasionally and around 25% are routine snorers Though it may seem to be a normal problem as it is very common but it should not be taken carelessly especially in case of habitual snorers as it may be an indication of obstructed breathing Now a days there are many anti snoring devices available in the market and every year more of them are added promising to cure the snoring problem Unfortunately many of these devices are not backed by research or lab testing Some of them may even require you to stay awake the whole night However there are plenty of proven techniques and natural remedies that can help in eliminating this problem instead of relying on these devices In this eBook we discuss snoring sleeping disorders what causes snoring and natural remedies including home remedies to treat snoring Apart from that we also talk about how to deal with the snoring complaints and how to cooperate and ask your partner to support you in curing the problem

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*Home Remedies and Healing Techniques*, 1999

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