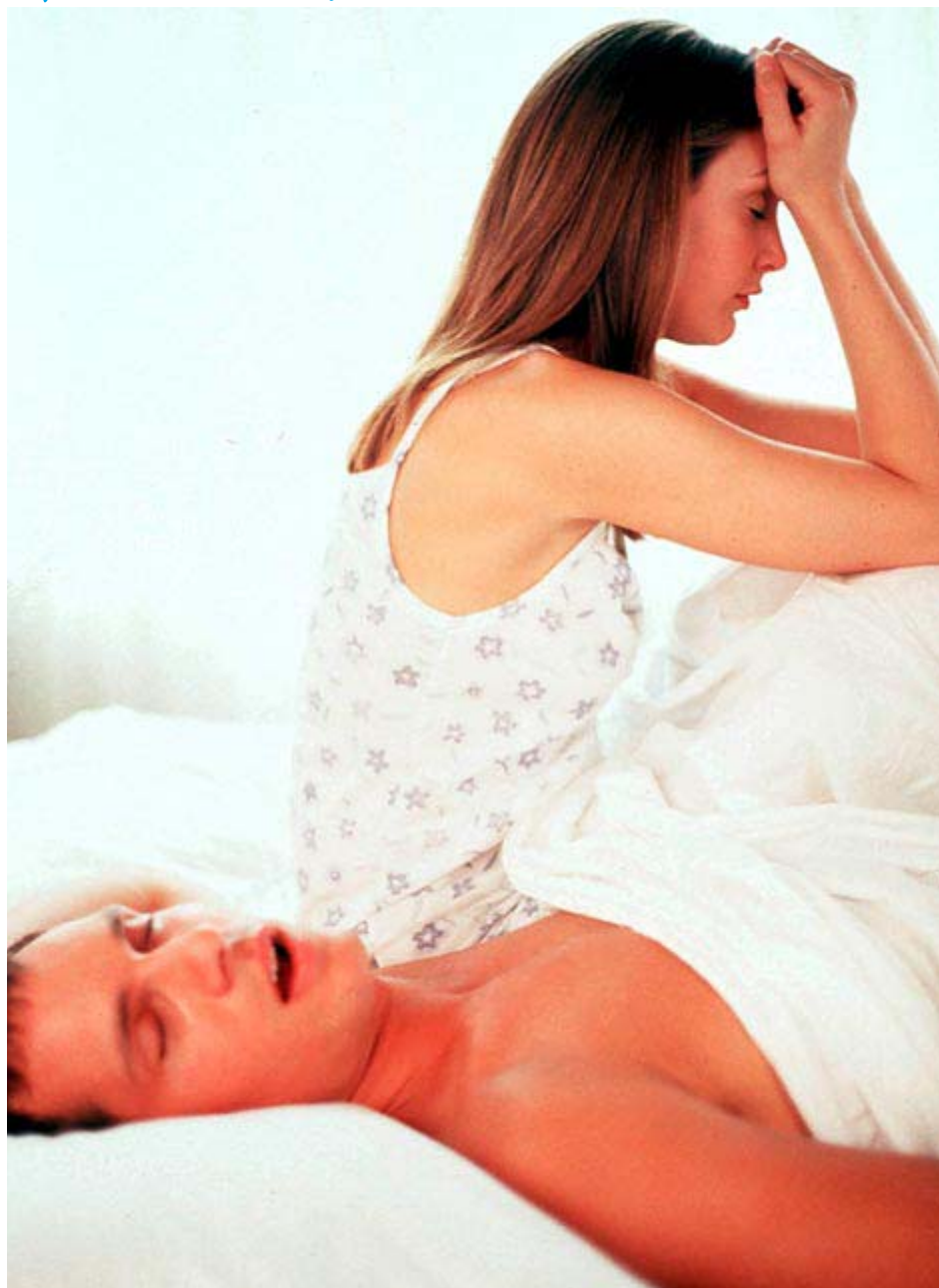


The Web's Best Writing on How To...

Stop Snoring

Tips & Techniques You Can Use to Get a Good Night's Sleep



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THE IMPORTANT “LEGAL STUFF”

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Stop Snoring

Do You Have a Snoring Problem?

There is a very simple solution to finding out if you have a snoring problem -- Ask the the person sleeping (or trying to sleep) next to you.

Of course, the look on their face each day, or the fact that they've tried to smother you with a pillow on more than one occasion, may give you the answer you're looking for. But if you live alone, or the person with you hasn't really noticed, how can you be sure if your snoring problem is serious and warrants intervention or if it's just something trivial?

Most of Us Do It

Most people snore to one extent or another and a few minor noises during the night probably doesn't constitute an actual snoring problem.

However, sometimes the person who snores is not the one most affected by it. You might think that you only have a slight snoring problem when in reality the person you sleep with is having tremendous health difficulties because of their “chronic insomnia” due to your snoring.

Is It Serious or Not?

So how can you tell if your snoring problem is serious?

There is no real medical test that one can go through short of a trial in a sleeping clinic and most don't need to go to those extremes. Simply consider the symptoms of a chronic lack of sleep and ask yourself if you or your companion have any of these.

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For instance, you probably know that a lack of sleep causes one to be restless, irritable, and downright moody the next day. And chronic insomnia can interfere with concentration, problem solving, test scores, and job performance. You may have a snoring problem if you notice these issues are suddenly affecting you when they didn't before.

And a chronic snoring problem can cause more problems for the person who snores. If you are choking and gasping for air, your brain may actually not be getting enough oxygen on a regular basis. This can lead to headaches and dizziness throughout the day. A snoring problem also affects the mouth and throat. As the tissues and membranes in the throat vibrate to cause the noise of snoring, they are damaging themselves at the same time. If you are always waking up with a sore throat that feels raw and irritated, this may be another clue as to the severity of your snoring.

Most snoring problems can be readily addressed with easy solutions that do not involve a trip to your doctor. There are natural remedies such as a vaporizer with added eucalyptus or menthol oil, or an open jar of marjoram next to the bed at night. Nasal strips also work well for many that have tried them.

We've included several easy home remedies in this book and a couple recommendations for more aggressive treatments.

What ever you do -- DO SOMETHING. The bottom line is that there is no reason to let your snoring problems affect your health or the health of the person next to you.

Best of Luck,

James London-DeVasher

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Stop Snoring

Snoring

Quick, clear your throat.

Hear that sound?

That awful, scratchy, car-engine-turning-over on a cold morning sound?

That's technically the same sound as snoring.

For the most part, snoring occurs when your throat becomes so dry that breathing through it causes a loud vibrating sound. When you clear your throat, you're making that same vibrating sound by forcing air through that passageway and making the tissues and membranes vibrate.

Stopping the Noise

The best place to start if you want to end your snoring is in understanding why it all happens in the first place.

Sure, your throat is dry, but why?

And why are you breathing through your mouth in the first place?

This isn't what you're supposed to do, even when you're asleep. Humans are meant to breathe through their nose all the time. We have many small substances in our nose and sinus cavities



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that work as filters to get out the dust, pollen, and other irritants, but these things are not present in our mouth and throat. So this is actually an unnatural act, breathing through the mouth when we sleep.

If we can understand why this happens, we can understand how to correct it.

There are many sounds that we make when sleeping that we assume are snoring, such as snorting, gasping, choking, and so on. Technically, those aren't really snoring sounds, but the remedies for snoring can take care of those breathing problems also.

Once you realize why these things happen, you can take your first steps toward correcting and alleviating these problems.

Should I Consider Surgery to Correct My Snoring Problem?

Let's get this out of the way immediately.

The writers of this report are not your doctor and everyone and every case is different.

Therefore, we are **NOT** going to address an issue as serious as surgery.

Yes, there are some people who are considering having surgery to help them stop snoring. If you're one of them, obviously this is your own personal decision to make, and you should talk to your doctor. There are many fine doctors that are providing safe and effective surgeries as a snoring remedy. Many seem to turn out well with great results, and if your doctor says that this is your only option or that your health is in jeopardy without the surgery, then you should definitely take his or her word for it.

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But if you are not to this serious stage or before you go under the knife, there are some natural remedies that you may want to consider trying.

These have been shown to be very effective for many people. By making just a few changes in your everyday habits or to the environment of your bedroom, you may save yourself that invasive surgery...

...and finally get a good night's sleep.

These remedies are not difficult and they're not expensive either. When you consider the cost in terms of a good night's sleep and the resultant health problems that come from that with snoring, you'll no doubt agree that they're worth trying.

Some of the products we're going to recommend may be a bit harsh for those that are sensitive, and sometimes it takes a little while to see results from some of these tips and tricks. Be prepared to try something for at least a good two weeks first before giving up on it. Your nasal passages and sinus cavities are probably very dry and damaged from years of snoring, so they may need a while to get themselves healed again.

But on the other hand, some of these small changes can result in you no longer snoring tonight!

Imagine being able to get a good night's sleep, of waking up rested and refreshed - tomorrow!

Imagine your spouse or other family members not being grumpy and irritated at you in the morning.

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Imagine the clearer head you'll have from having been able to sleep through the night, and the energy as well. Imagine no longer nodding off during your afternoon meetings and being able to start exercising, spending time with the kids, and all the other things you avoid doing now because you're so doggone tired.

So if you're ready, let's get started!

The First Easy Step - Add Moisture to Your Environment.

One of the causes of this vibration on your throat is when the tissues and membranes in your mouth and throat become very dry. Think of scratching your hand after you've put on lotion and scratching your hand when your skin is very dry. That dry skin makes a lot of noise but the soft hand doesn't. This is true of just about anything - when it is dry, it vibrates and therefore makes more noise than something that is moist. Dry leaves on the ground make a rustling noise when they blow in the wind whereas leaves still attached to the tree have water and moisture in them and don't make that noise.

So a good first step to help stop snoring is to add moisture to your environment.

If you don't have a humidifier in your bedroom, get one! Smaller ones -- perfect for one room -- are easily available at all pharmacies, mass market retailers (Kmart, WalMart, Sears, etc.), and even most supermarkets. They're usually only a few dollars and can make a world of difference. The sound they make can even act like white noise and block out traffic and other distractions.

And keeping your throat moist all day helps as well. This can help it to stay in better shape and even heal up from years of abuse and leave you better prepared to face the night. There are many very small humidifiers that one can get for the office,

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workshop, or wherever else you may be during the day. Even a desktop humidifier can work wonders and are usually very affordable.

You can also add humidity to your home by keeping a pot of water simmering on the stove with a small fan behind it to circulate that moisture - be mindful of safety of course and make sure it doesn't boil down and burn the pan or that you forget about it when you leave the home. And if you keep it up too high there's too much moisture which can collect around windows and cause mold, so just keep it barely simmering.

For a Saturday or Sunday when you're just puttering around or watching television this can be a great help. This is especially nice in the colder months as it's not just moisture in the air but warm moisture as well. Many persons with asthma have reported using this "homemade humidifier" trick and have had great results with it during the winter months.

If you have a humidifier hooked up to your furnace, you want to be sure that it's in good repair. It can be worth the few dollars it costs to repair it if it means keeping you healthy during dry months. The dry forced air of a furnace is one of the worst culprits for making your home - and everyone in it - dry.

If your furnace doesn't have a humidifier, consider upgrading to one that does. Many newer models are very affordable and can make quite a difference in your comfort level. Many are even more energy efficient than previous models, so you're doing quite a bit to help the environment and may even be covering the cost in your savings over the years.

Adding Moisture to Your Sinuses.

Sometimes it's not the room that needs help but your system overall. Some people

Stop Snoring

just have naturally dry sinuses. Your sinus cavities (as related to snoring) include your throat and the tissues of your mouth.

Air passing over this dry passageway causes snoring.

Adding moisture to your sinuses can be done in a variety of ways. First, ask yourself if you're really adequately hydrated throughout the day. Many people don't think about the amount of water they drink, if any. Many studies have shown that most adults in the United States are very dehydrated and don't even realize it. If your skin is dry and scratchy at all, or if you notice flakes on your face or have dandruff, chances are you're dehydrated.

Here are some things to remember about being adequately hydrated, which doesn't happen just by chance:

Caffeine is a diuretic, meaning that it causes your body to lose water. If you load up on coffee, tea, and caffeinated sodas, then you're just doing damage to your system, not actually helping. If you must drink these things for your morning "jolt," have just one or two cups that contain caffeine and then switch to decaffeinated coffee or caffeine-free sodas.

Many foods can either add to your hydration or take it away. Fruits especially are good for adding water to your system. Think of all the fruits you enjoy - aren't they very juicy? That natural fruit juice is a great hydrator for your system.

Vegetables are the same. Even adding just one piece of fruit or an extra salad with your other meals, if done every day, can go a long way toward helping you remain adequately hydrated.

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Red meats and dairy products, however, are very drying because of their composition and because of how they are digested. Your body works harder to break down these foods and so needs more moisture in the stomach and intestines as it works these foods through. This just depletes your system of moisture, causing dryness overall. Cut back on these products, include yogurts, cheeses, sour cream, cottage cheese, hard and soft cheese, cheese spreads, lunchmeats, and so on.

If you sweat a lot, you need added moisture to make up for this, and it doesn't matter why you're sweating. If you live in a hot climate or it's summertime, you're going to sweat. If you work out a lot, you're going to sweat. Heavysset and obese persons tend to sweat more also, since that extra body weight is like an insulator that traps body heat. Some people just have overactive sweat glands or they work in an atmosphere that is warm or stuffy - a workshop or factory, an indoor office with little circulation and fresh air, and so on. Women too may sweat more during their monthly cycle or when going through menopause.

Keeping yourself hydrated throughout the day need not be a major project, as some people dread having to keep a water bottle with them at all times. Sometimes you can't keep water with you at all times. However, you can get more water throughout the day by drinking a full glass of water just a couple of times during the day, and so you can get it "out of the way."

Make a schedule of when you'll have your glass of water - during your morning break, right before lunch, and so on. (And if you do this before meals, you tend to eat less, which helps keep your weight under control too!) Tell yourself that you need to drink your glass of water before you can have your morning coffee or afternoon soda. Make a little calendar and give yourself a shiny star for every day you drink enough water.

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You can also add other foods that have a lot of water, such as water-based soups. Imagine having three or four cups of water in your meal, which is what you're doing with soup! Chili is another good one, although if it's very hot it will cause you lose hydration and this could be a problem as well. Jell-o gelatin is another favorite, as it's made mostly of water. Even just adding one of these items to your diet every single day can go a long way toward helping your stay hydrated overall.

If you hate water (and most people do, so don't be ashamed) try adding some fruit to it, such as lemon or lime wedges, or a little bit of cranberry juice. Many people like flavored beverages. Crystal Light is a popular choice with grown-ups, or Gatorade and other sports drinks. Fruit juice itself is also good.

Of course, you may be concerned about calories, and this is appropriate. Switch to lower calorie versions of these, or cut the fruit juice half and half with water. There are many sugar-free or reduced calorie beverages or drink mixes you can find, if you just do a bit of shopping.

Don't hesitate to look at the products marketed to kids - some are sugar-free or reduced sugar, or are just enveloped of flavoring and allow you to add your own sugar. Get creative, but remember that you just need a little bit of flavoring to add to your water and you'll get used to the taste. If you keep drinking sugary beverages, this is all you'll enjoy.

Avoid Drying Agents in the Mouth.

Moisture from within is good, but there are many things we put into our mouths that dry the tissues and membranes of the throat and sinus cavities.

Alcohol is probably the biggest culprit. Having a glass of beer or wine before you go

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to bed is nice, but that alcohol just dries up everything in the mouth. Think of the last time you used rubbing alcohol on your skin - wasn't it dry and scratchy right after? You might want to consider having it a few hours before bedtime if you must imbibe. Or, drink a glass of water afterward to get the residue out of your mouth.

It's surprising how many don't know that there is a trace amount of alcohol in many mouthwashes. Practicing good oral hygiene, especially before you go to bed, is a great thing and no doubt your dentist appreciates it. However, swishing out your mouth with mouthwash that contains alcohol before bedtime is just going to dry your throat.

There are some brands of mouthwashes and rinses that are alcohol-free and that still kill germs and bacteria. Read the labels and opt for these instead. If you can't find something you like, ask your dentist for recommendations. And if you must use your old brand that does contain alcohol, rinse your mouth out with water a couple of times after using it. This will get rid of the traces of the mouthwash and keep your mouth and throat from getting dry.

And if certain foods make your system dry overall, they're going to dry out your mouth as well. Avoid that beef sandwich or yogurt before bed. If you must snack, have a piece of fruit or some vegetables. Not only will this help your snoring problem, it will also help keep your weight under control as well.

Opening up the Sinus Cavities.

It's really not natural to breathe through the mouth, whether asleep or awake. However, this happens when sleeping for a variety of reasons, such as sleep position, relaxation of the jaw, and clogged sinuses.

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If you pinch your nose shut of course you're going to begin breathing through your mouth. The same thing happens during sleep if your nasal passages are blocked. The mouth falls open to enable you to breathe. Obviously this is a lifesaving habit, but one that causes snoring if your throat is dry. So, keeping the sinuses open and the mouth closed is a good first step to avoiding this problem overall.

The throat does not have the same coatings on it as does the nose. Inside your nose are mucus membranes that are specifically designed to keep it moist as you breathe. But when you breathe through your mouth, the air causes your throat to dry up, and then that vibrating noise starts up.

To keep yourself from doing this, you need to keep your nasal cavities clear and open, and your mouth shut.

Oils and Natural Substances.

There are some natural remedies for keeping the sinuses unclogged throughout the night. Eucalyptus and menthol oils are both very good for opening the sinuses. You may have even seen products that boast that they contain "menthololypus," when in reality there is no such product - this is just a combination of the eucalyptus and menthol together. Both can easily be found at any health food store, pharmacy, or even grocery store. Putting a few drops of oil under your nose before you go to bed can help keep your sinuses moist and clear throughout the night. Sometimes just having a jar of it in the room helps as well (with the top off of course!).

You might also consider purchasing a vaporizer wherein you can add some of these oils or products, and they will be dispersed throughout the night. Check the manufacturer's directions of course as to what can and cannot be added; you don't want to ruin the little machine by dumping in things that are too thick or that will burn

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out the engine. Some come with a supply of oil or additives already included, or have a list of items that can be purchased separately and used. Most are very affordable, so don't hesitate to try one out.

Marjoram oil is another popular choice. It is sold in small jars with a sponge soaked in the oil inside. You simply open up the jar by your bedside each night and allow the fragrance to fill the room, opening up your sinus cavities throughout the evening. Marjoram is used frequently in aromatherapy applications, as it is very soothing and helps one to breathe deeper and more freely.

Sleeping Position

We've all heard of rolling a snorer onto his or her side during the night; this is done because the position in which you sleep can cause your mouth to fall open and air to naturally pass through your throat.

Even if your sinuses are not blocked, when your mouth is open you're going to be doing some breathing through it. This is just natural because the throat is so much bigger than the nose.

If you sleep on your back, chances are that your head is going to fall back and your mouth tilt open. This is especially true if you don't have proper support for your head and neck, such as with soft or worn-out pillows.

So-called snore pillows can work wonders for this problem. They are usually made of a firmer foam than other pillows and so do not collapse under the weight of the user. Most are built with a small indentation or cup feature which cradles the neck and keeps the head in proper alignment with the spine. By keeping the head tilted up the way it should be, the mouth will be less likely to fall open. If you don't want to

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try a snore pillow, consider just getting a firmer pillow than what you have, or trying a couple of pillows together.

You can also use pillows to prop yourself up under your back and one hip. This will keep you from sleeping completely on your back and will tilt you just slightly. By doing this, you are less likely to have your head fall back and your mouth fall open.

An old trick that many people use is to prop up the front of their bed. You can put books under the front feet, which will tilt the bed up slightly. No need to use big dictionaries or encyclopedias; these may even be unsafe if the bed were to slide off of them. But just some type of thick sturdy book will probably do. Even just having the bed up an inch or two can make a tremendous difference in keeping your head in alignment with your spine.

For those who have the money to spend, you can also consider getting an adjustable bed where the head and feet can be individually adjusted. These are great for those who have a sleeping companion that perhaps is not comfortable with moving the bed. Of course they may cost a bit more than regular mattresses, but sometimes they are comparable in price. If you're in the market for a new bed or new mattresses anyway, you might consider looking at one of these.

Others try the standard method of sewing or taping tennis balls into the back of their pajamas, in order to keep themselves from sleeping on their back. The theory is that when you roll onto your back, the tennis balls are very uncomfortable and will make you naturally change position.

The only problem with this is that many people report waking up many times in the night because they are SO uncomfortable. If you want to try that, and are handy with a needle and thread or some Velcro, then go ahead, but usually it's best to try

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the other, more comfortable methods first.

Besides, what happens when it's time to play tennis?

Asthma, allergies, and other medical conditions.

If you have asthma or allergies, or collapsing sinuses due to old age or another condition, or anything else that is going to make breathing through your nose difficult, you need to have these conditions addressed.

Some can use the above remedies as a means to open their sinus cavities, while others will need to take medications or see their doctor. Some cases of asthma need to be addressed by a doctor or specialist specifically, as they can be even life-threatening if left untreated.

If you have any of these conditions and are under a doctor's care, follow his or her advice to the letter. Breathing problems can be dangerous if left unchecked.

Using "Snore Products."

There are a wealth of so-called "snore products" on the market today, some that work wonders for snorers and some of which are better ignored. How can you tell if a product is going to be right for you?

Obviously we could list every single product that's available at the pharmacy and online and give you a "thumbs up" or "thumbs down" as to the general opinion of them, but this wouldn't be possible or fair. Some products may not help one person but might do a world of good for another. Why does this happen?

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The real reason behind this, and what can help you better decide whether or not one will or will not work for you, is to remember that while snoring is caused by air passing over the dry membranes of the throat, this happens for different reasons for different people. Some sleep in a improper position that causes their mouth to fall open. Some have blocked sinus cavities, whether due to allergies, collapsing sinuses, or bad weather.

If you understand just why it is that you snore, then you can better understand the remedies that will make it stop. Snore pillows can keep you on your side, nasal strips can keep your nose open, throat sprays can keep your mouth hydrated, and so on.

Hopefully this brief report has helped you to consider some options you have that don't include going under the knife. Again, if your doctor says this is the only thing that will work for you and that your problem is so serious that surgery is your only choice, then obviously you should listen to him or her. But the truth is that the vast majority of snorers can be helped by trying one or more of the remedies that we've outlined in this book.

However, there are others that need specialized help - not surgery, mind you, but more serious information about snoring, it's damaging effect on you and your family, and what can be done about it. There are some surprising causes of this habit, and information that your doctor just won't tell you. To find this out, visit our website, www.websitehere.com, for more information and to find out how you too can be free of snoring and finally enjoy a good night's sleep, tonight and every night.

Some Information on Anti-Snoring Devices

There are many so-called anti-snoring devices on the market today, from snore pillows to nasal strips to things that look like the bite guards that athletes wear. If you've gotten one from your doctor or dentist, you may be all set, and hopefully it's working for you. But for those who are still in the market, here is some information to consider about sorting through all those anti-snoring devices and finding the right one for you.

Nasal Strips

One thing to consider is why you snore. For many, their nose is clogged and plugged due to asthma, allergies, dry weather, pollen or dust, or some other factor. When the nasal passages are blocked, the body will of course cause the mouth to fall open so that one can breathe. When you do this during sleep, you're probably going to start snoring. For cases such as these, good anti-snoring devices to try are the nasal strips you often see advertised on television and the internet. Many are just spongy strips on a small spring that adhere to your nose and gently pull it open, thereby allowing you to breathe through it. They usually contain no medicine of any sort, although some are now being offered with a slight coating of menthol which further opens the nasal passages. These are some favorite anti-snoring devices for many because they are affordable, discreet, and don't require any type of prescription or visit to the doctor's office to use.

Mouthpieces

There are many types of mouthpieces that are offered as anti-snoring devices, and these typically are gotten from your doctor or dentist. This is because they often need to be custom fitted to your jaw line. These mouthpieces work as anti-snoring devices because they do not allow the tongue to fall into the back of the throat and

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keep the airway open. They also gently thrust the lower jaw forward so that it does not fall open unnecessarily.

If you're considering mouthpieces as anti-snoring devices, you probably need to speak to your dentist rather than your doctor. He or she can take a mold of your mouth and then form the device there or send it out to a specialist. Most have been shown to be very effective in their use but are usually tried only after all other options have failed, since they can be quite expensive.

What to Remember With Anti-Snoring Devices

Whatever solution you try and ultimately wind up with, make sure that it's something comfortable and workable for you. It does no good to apply anti-snoring devices that hurt or that keep you up at night; what is the point of curing your snoring if your mouthpiece now keeps you awake or your nasal strip is itchy? And many doctors and dentists recommend using more than one product to work in conjunction or harmony with each other, so don't be surprised if you are recommended both a mouthpiece and a throat spray, or a nasal strip and a snoring pillow, and so on.

Are Morning Headaches and Snoring Connected?

They definitely can be.

If you're very tired when you first wake up, there could be many reasons. For example, persons with hypoglycemia or other blood sugar problems may need some protein to get their blood sugar back to normal after having not eaten for eight or more hours. Or you may be a night person who just doesn't enjoy the mornings. Many times we wake up dehydrated and a big glass of water or cup of coffee can get us back to normal very quickly.

But for many, it's more than just being tired. Many people experience frequent severe morning headaches. Often snoring to blame. But why the connection between the two?

Why Does Snoring Cause Morning Headaches?

One of the reasons that morning headaches and snoring are connected is that the person snoring has sleep apnea. Sleep apnea is a very dangerous condition wherein someone actually stops breathing for a few moments because of restricted airflow. They then wake up just long enough for the body to force itself to start breathing again and are typically not awake long enough to even know that their sleep has been interrupted. When caused by sleep apnea the connection between morning headaches and snoring is because the brain is literally starved of needed oxygen over and over again throughout the night. If left unchecked this condition can actually cause slight brain damage so it's no wonder that a person would get morning headaches from this! Sleep apnea is very common in persons who are overweight as this excess body fat puts undue pressure on the neck and cuts off the airway.

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Most people who have it do not even know that they have sleep apnea. Considering how dangerous it is, if you have morning headaches and snoring problems, and especially if you are overweight, you may want to talk to your doctor immediately about medical intervention or treatment options.

Other Causes

Another reason that morning headaches and snoring are connected is because if a person snores very loudly or deeply, they are actually hurting their own head. That constant vibration of the dry tissue of the throat can cause damage to the entire back of the neck and head giving a person a headache.

And of course chronic sleeplessness is another cause for morning headaches and snoring is a big cause of sleeplessness. If you're trying to sleep next to someone that is a chronic snorer, you are probably very sleep deprived, whether you know it or not. Fatigue, irritability, restlessness, inability to concentrate, and falling asleep at inappropriate times are other symptoms of insomnia much like morning headaches. And snoring is a leading interrupter of sleep, not just for the snorer, but for those next to him or her.

If you're experiencing constant morning headaches, you should consult with your doctor. There may be other health concerns and issues that are causing them of course, but morning headaches and snoring are very common. These headaches can be part of other serious health problems that you may be having, or may be at risk of having, if you do not address your snoring issues immediately.

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Why It's Import to Get Help With Snoring Problems

The person beside you is keeping you up every night. Or maybe you've been told that you sound like a chainsaw in a tub of vaseline when you sleep. Either your snoring or your partners may be wrecking your health.

Some people however are reluctant to even consider getting help with snoring problems. They may assume that snoring is just a part of life and that all men and women do it. They may assure themselves (and try to convince you) that it's really not that bad. However, before you simply dismiss these problems as trivial or inconsequential, there are some things to consider that may actually convince you that it's time to get that much needed help with snoring problems.

Chronic Lack of Sleep Causes Serious Health Problems

Chances are you already know that a chronic lack of sleep can make you feel tired and lethargic during the day. However, there is more than that involved with chronic sleeplessness, and these other reasons may give you cause to get help with snoring problems.

A consistent lack of sleep is currently tied to heart disease, as this lack of rest releases stress hormones and proteins that increase the risk of heart attacks and even strokes. According to WebMD, a recent study reported that women who got less than five hours per sleep every night on a consistent basis were 45% more likely to have serious heart conditions than women who got the full recommended eight hours. Obviously if you appreciate good heart health, you will understand the need to get help with snoring problems so that your circulatory system can be protected. These stress hormones are nothing to be easily dismissed.

Another serious health concern when it comes to a lack of sleep is both diabetes

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and obesity, which typically go hand in hand. These too are very serious problems and if they are being caused by chronic sleeplessness, should cause one to consider getting help with snoring problems. Insulin and blood sugar levels are affected by sleep or a lack of it, and sleep loss may also affect the hormones that control appetite and cravings.

Depression and Help With Snoring Problems

It seems that depression and sleep loss are a vicious cycle; depression can lead to insomnia, and a lack of sleep can lead to depression. Many people are not even aware of the fact that if they got proper help with snoring problems, this may alleviate their mood and help their depression by allowing them enough sleep to feel energized the next day. They may also be more able to exercise, which in of itself is a good cure for depression also.

Other Serious Conditions

Chronic sleeplessness has also been linked to some forms of cancer, with mood swings and a lack of concentration and problem solving skills. All of these are very serious and sometimes life threatening conditions, which should encourage anyone to get the needed help with snoring problems that's available to them.

Consider trying one of the natural options presented here or one of the programs offered, but for the sake of you health, do something.

5 Ways to Get Enough Water

64 ounces a day!

It sounds like so much!

Actually, we're only talking about 8 glasses a day - it just sounds like a lot. But it could be that you are struggling to get you water in every day so here are 5 tricks to help you reach your goal.

1. Develop a Taste for Water

I don't know anyone who liked the taste of beer the first time they drank it. In fact I've always wondered why anyone drinks it but that's another story. People who drink beer developed a taste for and people who need water can also develop a taste. At first you may need to add a touch of lemon or even some additive like the Country Time packets. Whatever you need to do, do it.

It's true that not all water is created equally. Municipal water systems may produce clean water but it doesn't always taste the same. You may find that a water filter is good investment but be sure and try it out at a friends home before sinking a wad of cash into one.

Bottled water is also an option and their are varieties there too. Some products, like Aquafina or Dasani are manufactured by taking municipal water and filtering it. Other products like Deer Park and Poland Spring are taken from underground streams or, in some cases, glacial water or deep sea freshwater springs. Because these may have varying amounts of minerals the taste is often different. Make your choice and enjoy the benefits.

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2. Drink Early, Drink Often

The old rule in Chicago politics was to vote early and vote often. The same rule applies with your water intake. Before you eat a bite, drink a full 8 ounces of water. When you take your morning medicines, chase them with a full glass of water.

I like to keep a bottle of water with me in the car as I drive to the office. My commute is short, about 20 minutes, but I try to drink it all by the time I get to the office. I repeat the process on the way home. Of course, there was that time I drank all my water and then got stuck in traffic, but that's another story!

Don't try and get all your water in at once but keep your water nearby.

3. Plan Your Drinking - Kind Of

I'm not too good at rigid planning, but you need some idea of when you will drink your water. If our goal is 8 glasses we can break it down like this.

- 1 glass when you first wake up
- 1 glass when you take your morning meds or vitamins and brush your teeth
- 1 glass on the way to work
- 1 glass sipped during the morning
- 1 glass at lunch
- 1 glass sipped during the afternoon
- 1 glass at dinner
- 1 glass before bed.

That way, your intake is spread out through the day and you'll never feel like you're drowning.

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4. Wallet, Cell Phone, Keys, Water

It's much easier to get your daily water requirements if you keep your water with you. A bottle should always be your hand. Hang on to it when driving or commuting, keep it at your desk or in your backpack. If at home always keep cold water nearby or at least in your fridge.

If you will treat your water like your car keys you will never be far. Remember the old saying "out of sight, out of mind" is very true.

If you want to get your water in, keep it nearby. As I sit here and type I have a bottle of water right beside the keyboard. It's a reminder to me of my goal of drinking water. Make your bottle like your best friend. Don't leave home without it!

5. Pour It, Suck It. Whatever Works

Some people have difficulty with adequate hydration because they just do not like the taste of pure water. Some have found that drinking through a straw makes water more palatable. So, buy some straws and keep them handy.

Others have sensitive teeth and struggle with anything very cold. That's fine too. Go for room temperature water. When you are very hot you may find that water is better lukewarm.

Water is good for you so drink up! No calories, no sugars, no caffeine, no additives. Water is the perfect drink.