

Sleep Facts And Figures

How To Get More Sleep And Hear Less Snoring

(NAPSA)—If you sleep near someone who snores, your chances of getting a good night's sleep don't have to seem like a dream.

Snoring is common. According to the American Academy of Otolaryngology, 45 percent of normal adults snore at least occasionally and 25 percent snore on a regular basis. More men than women snore, being overweight can contribute to it and the problem usually grows worse with age.

Fortunately, following a few tips can help reduce snoring and help you get some sleep.

Snoring:

- First, try to convince the person who snores to go to the doctor for a checkup. Snoring can be a symptom of something else, such as a deformity in the nasal passages or a persistent allergy, so a checkup can be a smart idea. Putting an end to snoring may be as simple as changing allergy medications.

- Losing weight can alleviate snoring.

- Giving up smoking can help.

- Not having an alcoholic drink before bedtime can also help.

- For some snorers, it helps to tilt the head of the bed up.

Sleeping Through Snoring

If steps to stop snoring are not working yet, do whatever you can to tune out the noise so you can get a good night's sleep.

- Ear plugs can help block the



The latest high-tech ear plugs can help you say “good night” and mean it.

sound of snoring. You can get a high-tech kind that are more comfortable and don't make you temporarily deaf.

What's more, high-tech ear plugs such as the Good Night Snore Blocking Ear Plugs from Howard Leight, let you hear your children calling or the phone ringing.

- Choose ear plugs made of soft foam with a smooth outer skin and diminutive diameter to fit even the smallest ear canals. This makes them particularly suitable for women, the most frequent victims of snoring.

- Choose ear plugs that you don't need to roll to insert. Some ear plugs can just be pushed into the ear canal and very quickly become effective.

For more information, visit www.goodnightearplugs.com.