



Snoring is no joke!

Snoring has been called “log-sawing,” “gravel-grinding,” and “shingle-rattling,” all names that suggest how ear-shattering its effects can be. It’s not fun, whether you’re the snorer (for sleep apnea reasons) or the person sleeping next to one. Some people snore seasonally due to sinus issues and allergies, while chronic snorers may find that advancing age, weight gain, or nose and throat abnormalities like enlarged tonsils are factors, says Neomi Shah, an associate professor of pulmonary, critical care, and sleep medicine at the Icahn School of Medicine at Mount Sinai.

Michael Gelb, a sleep disorder and sleep apnea specialist who has been in the field for over 30 years, also blames Upper Airway Resistance Syndrome (a sleep apnea disorder associated with a blocked or narrow airway) as a major cause of snoring. Narrow airways have become more and more common over time, he says, and it’s why he frequently recommends devices that open them up. Avoiding alcohol, sedatives, and sleeping on your back can help, too, but if the snoring persists, talk to an ENT or have a doctor run a sleep apnea test.

The causes for snoring vary from individual to individual, so it is important to experiment to find what works best for you (or your bed partner). There are products on the market like nasal strips, dilators, mouth guards, and even sleep positioners to help you maintain open airways while you sleep. These may be great options to try, but again, if the snoring remains persistent, contact your doctor for the care you need to get your best night’s sleep.

For more information about how you can be healthier by sleeping better, revisit our past program, [Getting Your ZZZ's](#) to explore more opportunities to improve your sleep routine.

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