

# 5 Tips to help snoring and sleep apnea

World Sleep Day 14th March 2025

## 1 Maintain a Healthy Weight

Excess weight, particularly around the neck, can contribute to obstructive sleep apnoea (OSA) by narrowing the airway. Encouraging a balanced diet and regular exercise can help reduce snoring and the severity of sleep apnoea symptoms, as weight loss decreases pressure on the airway.

## 2 Sleep on Your Side

Sleeping on your back often worsens snoring and sleep apnoea by allowing the tongue and soft tissues to collapse into the airway. Using a supportive pillow or even a specialised body pillow can help maintain a side-sleeping position, keeping the airway open throughout the night.

## 3 Address Nasal Congestion

Chronic nasal congestion can exacerbate snoring and sleep apnoea. Encourage individuals to manage allergies, use nasal saline sprays, or consider nasal strips or decongestants to improve airflow through the nose, making breathing easier during sleep.

## 4 Limit Alcohol and Sedative Use

Alcohol and sedatives relax the muscles in the throat, which can worsen snoring and obstruct the airway. Limiting alcohol, especially before bedtime, and reviewing the use of sleep medications can reduce the risk of airway obstruction and improve sleep quality.

## 5 Seek Professional Screening and Treatment

Snoring and sleep apnoea can have serious health consequences if left untreated, including cardiovascular issues. Encourage individuals to undergo a sleep study or consult with a healthcare professional to evaluate their condition. Treatment options like CPAP therapy, oral appliances, or surgery may be recommended based on the severity of the disorder.



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