

Your snoring might not bother you, but it definitely becomes an issue when you're sharing the bedroom with other people. Left unresolved, your snoring can also cause health complications over time. Unfortunately, snoring is a widespread problem. In fact, statistics show that up to 45% of adults snore occasionally. Furthermore, 1 in 4 adults claim that they snore regularly. Luckily, snoring is a condition you can fix without any drastic lifestyle changes or expensive procedures. Creating a better sleep environment can help reduce your snoring and give you and your loved ones better quality sleep. Here are 6 tips on how to do that:

Understand Why Snoring Happens

Although it doesn't directly relate to creating a better sleep environment, understanding the "why" gives you a better understanding of the condition and how to best remedy or control it. The cause of snoring, however, cannot be attributed to any single factor or condition. It may be caused by sleep apnea, your mouth anatomy, nasal problems, sleep deprivation, or sleep positioning. Consulting a doctor can help narrow down what's causing your snoring. It may also be a life-saving move as sleep apnea-related snoring can be a life-threatening condition.

Switch Off Lights

Lighting conditions play a key role in [sleep quality](#). Make your bedroom or sleep area as dark as possible. Sleeping under bright lights can negatively affect your circadian rhythm, which is the body's internal clock that tells you when to get up and when to sleep. Too much light while sleeping also affects your body's ability to produce melatonin, the hormone essential for quality sleep. Install thick drapes or shades that block out as much sunlight from outside as possible. You should also unplug any devices that have bright light indicators, such as your router or phone charger.

Minimize Noise

Noise is another culprit of low quality sleep. Sleeping with music on or too much noise pollution from outside can affect your ability to sleep uninterrupted. Close all windows before sleeping if you live in a neighborhood that has significant noise pollution, e.g. cars passing by or revving loudly, dogs barking, lawnmowers being run early in the morning. You should also put your phone and computer on silent mode to block out any non-essential alerts that might pop up.

Invest in a CPAP Machine

CPAP, or continuous positive airway pressure, machines help people with sleep apnea by supplying them with air through a mask that the snorer must wear during the night. Although it is an effective and non-invasive solution for snorers suffering from sleep apnea, many users comment on how uncomfortable it is to wear a mask while trying to sleep. When purchasing a CPAP machine, some features to consider include the mask size and material, noise level, portability, ramp, humidifier feature, and so on. Your physician may recommend a specific model or manufacturer.

Manage Your Weight

Weight can also be a contributing factor to snoring. Keeping your weight in check can also keep snoring in check. More importantly, however, dropping a few pounds also minimizes your risk of cardiovascular diseases, diabetes, and other weight-related conditions. Manage your weight by creating a weight loss plan that incorporates your dietary and exercise regimen. Coordinate with your physician when creating a weight loss plan and make sure you notify them before going on any intense dietary or exercise programs.

Consider Corrective Solutions

Nasal strips and nasal dilators are used to treat people suffering from sleep apnea. A nasal strip is inserted on the bridge of your nose and is meant to keep the nasal airways unobstructed while you sleep. A nasal dilator works in

the same way that strips do. However, they are inserted in the nostrils directly. It can be difficult to determine the best medical solution for your snoring until you've consulted a medical professional. You can find dental clinics that offer free consultation to diagnose your [snoring](#) and how best to remedy it.

Living with someone who snores loudly and regularly can be irritating. If you or someone in the family snores, it's important to understand why it's happening and, more importantly, that there are non-invasive solutions that you can turn to, one of which is creating a conducive sleep environment.

Steady Run