

Prevention



Snore No More!

The best high tech and traditional remedies to ease nighttime noise

Snoring is more than just a nuisance—it disrupts the sleep habits and lives of 90 million American adults and their partners. OTC products like nasal strips (to open breathing passages) and sprays (to lubricate the soft palate and throat) are only marginally effective, say experts. Fortunately, lifestyle changes and medical advances can minimize the sawing.

Sleep Expert

Barbara Phillips, MD, professor of pulmonary critical care and sleep medicine, University of Kentucky College of Medicine

Lose a few pounds "The heavier you get, the more suction is needed to inhale, which causes swelling and vibration in the back of the throat, uvula, and palate. Alcohol also relaxes muscles in these areas, making snoring even worse."

Lifestyle Rx

If you're overweight, lose 10% of your body weight.

Avoid alcohol within 3 hours of bedtime.

Sleep on your left side, which keeps your tongue from blocking the airway.

Dentist

Kem Moser, DDS, sleep-breathing disorder specialist, West Grove, PA

Get M.A.D. "Mandibular advancement devices, aka oral appliances, are shaped like nighttime mouth guards. Studies show these devices are 90% effective at reducing snore noise—they keep the lower jaw pushed out, widening the airway and reducing noisy turbulence."

Appliance Rx

Get fitted by your dentist; find one at aadsm.org. Appliances cost \$500 to \$1,000 and last for 3 to 5 years (or longer).

Otolaryngologist

Charles P. Kimmelman, MD, director, Snoring Center of New York

Try a new surgery "The Pillar Procedure, in which thin, rod-shaped implants are placed in the soft palate, is FDA-recognized as a first-line snoring treatment. The rods support the palate and limit its vibration. It's done in a doctor's office—results are great, with few side effects."

Medical Rx

The procedure takes 20 to 30 minutes and uses local anesthesia. It costs \$1,500 to \$2,000; with a sleep apnea diagnosis, some insurance providers may cover part. Full results could take up to 3 months.