

# IMPORTANT ACTIONS TO REDUCE SNORING

1. Take regular daily exercise. This helps with weight control and improves the quality of sleep
2. Maintain a healthy body weight. Aim for Body Mass Index (BMI) of 25 or lower
3. Avoid sleeping on your back. If necessary a tennis ball inside a sock can be sewn onto the back of your pyjama top!
4. Stop smoking
5. Avoid eating late at night. Ideally, the last meal should be eaten at least 2 hours before going to bed. This reduces the chance of reflux which causes "heart burn" pain and can irritate the throat. Medication is available if reflux continues to be a problem.
6. Avoid alcohol and caffeine in the evenings. Both of these can affect the quality of sleep and make snoring worse.