



Partner's Survival Guide to Snoring

Being in a relationship with a snorer isn't easy — but you don't have to lose your sleep and your sanity. This guide is your toolkit for understanding, surviving, and even supporting your partner's snoring journey (without throwing a pillow at them).

[Track your sleep and snoring patterns in a journal for 7–14 days to find triggers and patterns!](#)

[Breathing Exercises for you to try](#)



Reminder: You're a team. Snoring might be part of the journey, but with patience, communication, and a little humour, restful sleep is possible.



1. Approach with Love, Not Blame



Snoring isn't intentional, and it's usually a symptom — not a flaw.



Use “I” statements like: »I noticed you've been snoring more lately. Maybe we can try a few things together?«



2. Educate Yourself Together



Read or review the recommendations from the book together.



Understand the causes — it could be allergies, sleep position, or something more serious like sleep apnea.



Knowledge reduces frustration.



3. Try Sound Solutions

- ♦ White noise machines or calming sleep sounds
- ♦ Comfortable, noise-cancelling earbuds or sleep headphones
- ♦ A fan for background noise


These won't stop the snoring — but they might help you tune it out;

4. Consider Sleep Adjustments

- ◆ Gently encourage your partner to sleep on their side
- ◆ Use pillows or a wedge to support better sleeping posture
- ◆ If needed, try sleeping slightly apart a few nights a week (no shame in separate duvets or rooms for rest!)




5. What Not to Say at 2 a.m.

- ❌ “You sound like a lawnmower.”
- ❌ “Do you ever stop breathing in your sleep?”
- ❌ “You’re ruining my life!”

 Instead, keep it light but sincere:

»I.love.you?but.let's.tag_team.this.snoring.thing?yeah?«

6. Support Trial and Error

-  Encourage your partner to try different remedies from the checklist and the book.
-  Help them track their progress (maybe you notice the changes before they do!).
-  Keep notes in the sleep journal together.

7. Take Care of YOU Too

- ✅ Practice your own wind-down routine: calming tea, journaling, meditation
- ✅ Go to bed earlier to fall asleep before the snoring kicks in
- ✅ Don't forget: your rest matters too