



Snore Reduction Checklist

Immediate Fixes

- ◆ Sleep on your side instead of your back.
 - ◆ Elevate the head of your bed or use a wedge pillow.
 - ◆ Rinse your nose with saline before bed to clear nasal congestion.
 - ◆ Continue trialling snoring aids (such as nasal strips or mouthguards) in combination with the recommendations from the book.
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Lifestyle Habits

- ◆ Maintain a healthy weight — even small reductions can help.
 - ◆ Stay well-hydrated throughout the day.
 - ◆ Avoid alcohol 2–3 hours before bed.
 - ◆ Stop smoking — it irritates airways and worsens snoring.
 - ◆ Stick to a consistent sleep schedule to reduce sleep deprivation.
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Medical Red Flags

- ⚠ Loud, frequent snoring that wakes your partner or yourself.
 - ⚠ Gasping, choking, or long pauses in breathing during sleep.
 - ⚠ Excessive daytime fatigue or trouble concentrating.
 - ⚠ High blood pressure combined with snoring.
 - ⚠ Family history of sleep apnea.
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Track your sleep and snoring patterns in a journal for 7–14 days to find triggers and patterns!

[Find the printable journal here \(pdf\)](#)

[Breathing Exercises for you to try](#)