

Snoring: Causes, Fixes & When It Signals Sleep Apnea

What Causes Snoring?

Snoring occurs when airflow is partially blocked in the upper airway. This can be due to relaxed throat muscles, nasal blockage, or sleeping position.

When Is Snoring a Sign of Sleep Apnea?

If snoring is loud, frequent, or paired with choking or gasping, it may indicate sleep apnea. Other warning signs include daytime sleepiness and morning headaches.

Easy Snoring Fixes

- Sleep on your side
- Use a humidifier
- Reduce nasal congestion
- Try an anti-snoring pillow
- Avoid alcohol before bed

When to Seek Help

If snoring affects your sleep quality or your partner's sleep, or includes pauses in breathing, a sleep study may be recommended.

Recommended Tools

- Nasal strips
- CPAP therapy (if apnea is present)
- Anti-snore chin straps
- Wedge pillows