

## **Exercise Cures for Snoring**

If you and your spouse suffer from horrible snoring, You are not alone. 23% of couples suffer seriously from this terrible condition.

It's not just the irritation of the snoring sound or how draining it is to stay awake all night long listening to a partner snore (it's the most common form of Insomnia). The worst part is risking you or your partner's life by being tired all day long.

If you are driving a car or crossing a street, for example, you've need to be full of energy and able attention.

Your health and your partner's health is also in danger from snoring. Heart attacks, nervous breakdowns and strokes are only three examples of conditions affected by snoring and lack of sleep. Not to mention that bad snoring can be an indication of an even more serious condition called sleep apnea.

But most likely you are aware of this and have tried several things to cure the snoring, with very limited success.

### **So Let's Look at What Causes This Horrible Condition in Your Life:**

It's actually pretty simple. There is always some kind of block in the breathing passages that cause snoring. The airflow in the breathing passage automatically becomes irregular if there is any block.

As the airflow becomes irregular, the soft tissues in the breathing passage will start to flap, making the irritating snoring sound.

The noise really gets loud when the soft palate (soft part at the upper back part of the mouth) begins to flap around. This most often happens when the soft palate is weak (not too big like most people claim).

It can be very complicated to cure snoring despite the fact that it has one main cause. The reason is that the blocks vary so much. And even worse, most people have more than one type of block that is causing their snoring.

### **A Few Examples of what may be causing you to snore...**

1) The throat may be weak and closes down when sleeping. This is the most common cause of sleep apnea. A very serious condition, where snoring is just a one sign.

2) Your tongue may drop into your throat when you sleep and block it. The tongue is a muscle and if that muscle is weak, then it's more likely to drop into the throat.

3) Tense jaw muscles put pressure on the breathing passages. This is what many dentist try to deal with by putting in dental devices. An easier way to avoid this is loosening up and relaxing the jaw muscles.

4) A floppy, weak soft palate blows around like a leaf in the wind. Some snoring surgeries deal with this by cutting off part of the soft palate or putting small plastic implants in it to make it firmer. Simply moving it in the right way a few times a day will keep it firm and prevent it from flopping around.

5) Any muscle that is tense or weak around the breathing passage can put a pressure on it and make you snore. Tension in the shoulders and neck is very common.

6) Finally, anything that builds up in your throat will work as a dam for your breathing passage. The most common dams are fat or cigarette tags in the throat or mucus in the nasal passages.

**These are only 6 common blocks, there are many more.**

What I have discovered is that you can train this part of your body in the same way you train other parts of your body.

The simplicity of this is that no matter what blocks your breathing passage, the same few exercises will cure you.

You'll get your entire breathing passage in shape!

The exercises you will do will strengthen the whole breathing passage and the area around it.

The entire area from below your voice box up into your nasal passages and everything in-between will open up and be stronger when you use the throat strengthening exercises. It will also burn any fat in there and clean out any tar, if it is present.

Training the tongue will strengthen it and prevent it from dropping into your throat when you sleep.

Using the jaw exercises will remove tension from it. You'll be surprised how much easier you'll breath after you do the Jaw exercises and help it reach its healthy normal position where it won't press on the breathing passage.

**It's About Working Smarter Not Harder**

How long you exercise every day is up to you. You can train for as little as three minutes a day.

I recommend committing to 7-12 minutes a day for quick, permanent results. After you cure yourself, you never have to do the exercises again.

For quick permanent results, I recommend taking the program that requires ten minutes a day commitment.

It's nothing as joyful for me as opening my email program and read the emails from my clients. Most of them are simple thanking me for giving them their life back. At least giving them back their sleep. I hope I receive one from you soon.

The most pleasurable thing I do is reading emails from people who have used the exercises to successfully cure their snoring.

If you want to learn more about these exercises and try some out for FREE, then You can find the exercises program I developed and has helped so many people to stop snoring here...

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Christian Goodman is the founder of The Stop Snoring Exercise Program  
[www.TheStopSnoringExerciseProgram.com](http://www.TheStopSnoringExerciseProgram.com). The program has helped thousands of people to stop snoring without having to undertake dangerous surgery, dental implant or having to buy and use drugs every day.  
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