



IS YOUR PARTNER'S SNORING KEEPING YOU UP AT NIGHT?

Does it sound like a train is rolling into the station while your partner sleeps? Does your pillow quiver from the noise of your partner's snoring? Well, it's time to do something.

Snoring occurs when the flow of air from the mouth or nose makes the tissues in the airway vibrate. This can be due to a blockage (obstruction) or narrowing in the nose, mouth or throat.

Snoring is more common in men than in women, and many times it is just simple snoring. However, if your partner stops breathing, chokes or gasps during sleep, there may be something more going on. It's called sleep apnea, and it can be serious. If you think that might be the case, contact your doctor to discuss the possibility of scheduling a sleep study.

Quick fixes for snoring:

- Lose weight (if needed).
- Sleep on your side, not your back.
- Avoid using alcohol or sedatives before bed.
- Quit smoking!
- Raise the head of your bed four inches by putting bricks under the legs of the bed. (Extra pillows will not work.)

~ CHARLENE MCEVOY, MD
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FALL BACK to sleep in 10 MINUTES OR LESS

Everyone will have an occasional bad night of sleep, tossing and turning and waking up. While the effects of one such night aren't serious, you may want to change things up if it becomes routine.

FALL BACK ASLEEP QUICKLY

- ┌ After 10-20 minutes, go into another room and read or do a quiet activity,
- ┌ Avoid falling asleep on the couch or another location of your home.
- ┌ If you have difficulty turning off your thoughts in the middle of the night, try writing down all of your worries or what you need to accomplish the next day.

~ MELISSA KING BIGGS, MD
LUNG & SLEEP HEALTH / WESTFIELDS HOSPITAL & CLINIC

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3 TIPS TO A BETTER NIGHT'S SLEEP

- 1 Establish a consistent time for going to bed and getting up in the morning. Do your best to stick with it, even on weekends and during vacations.
- 2 Avoid activities, other than sleep and sexual relations, while in bed. Excessive time awake in bed seems to disrupt sleep.
- 3 Create a relaxing bedtime routine. Try taking a warm shower or bath, listening to soothing music, or drinking a cup of decaffeinated tea.

