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Stop Snoring Naturally

Does your spouse have a snoring problem? Do you have a snoring problem? Then check out these quick, simple, and natural steps you or your spouse can take to prevent snoring, so you and your spouse can get back to sleep!

When we fall sleep, the muscles in the back of the throat relax and become "floppy." However, if there is blockage anywhere between the tip of the nose and the vocal chords, the walls of the throat will vibrate, resulting in the sound of a snore. But once your doctor has ruled out a serious sleeping disorder (such as [obstructive sleep apnea](#)), there are a number of natural ways you can try to [stop snoring](#) and restore the silence in your bedroom.

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