



# Coping With Snoring And Sleep Apnea (Overcoming Common Problems)

*Jill Eckersley*

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Snoring is often regarded as a joke, but it can cause problems especially when partners have difficulty in sleeping alongside the snorer. Sleep apnoea is a more serious condition, when people stop breathing for a moment while they are asleep. As well as a disturbing sleep, this can in some cases cause death. Those suffering from sleep apnoea usually also snore. This guide covers the medical and physiological background and shows how lifestyle changes, snoring remedies, surgery and complementary medicine can all help.

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