

STOP *Snoring*

**Learn a simple process to naturally address
sleep-disordered breathing in 7 days or less**



Stop Snoring in 7 Days or Less

Notice: This document does not replace the advice of your healthcare provider. If you have apnea or other breathing disorders, this document and practices can make a big difference but please work with someone who can properly assess you.

The tools, I'm going to share with you, helped me stop snoring in less than 7 days and I hope they can do the same for you over any given timeline.

[Please watch this video first.](#)



Daytime breathing

- Slow inhales and exhales (carries over into the evening)
- 6 seconds in and 6 seconds out
- Breathing through the nose as much as possible

Apps to use

- [iBreathe](#)
- [SnoreLab](#)
- [Oura](#)

Exercises - 1 time per day, ideally before bed ([see video for demos](#))

1. Stick your tongue forward as far as you can - 3 times, 5-second hold
2. Suck your tongue to the roof of your mouth, look up - 3 times, 5-second hold
3. Swallow tongue (tongue at the back of the mouth) - 3 times, 5-second hold
4. Tongue from side to side - 3 times, 5-second hold on each side
5. Look straight, down, up, and swallow - 3-5 times
6. Crocodile pose - 2-3 minutes
7. Nose-clearing exercise ([watch this video](#))



Sleeping position

- Sleep on your side with a comfortable cushion between your knees to keep your pelvis in a neutral position
- Supportive latex pillow for side sleeping.
- [This is the pillow I personally use.](#)
- Wedge the upper body or raise the head of the bed by a few degrees (use books if your bed is not adjustable)

Sleeping conditions

- Complete darkness
- Fresh air (window open)
- Cool room
- Phone in airplane mode
- Avoid late meals

Tapes and oils

- [Mouth Tape](#)
- [Nasal strips](#)
- Easy air oil by DoTerra
- [Nasya oil](#)