

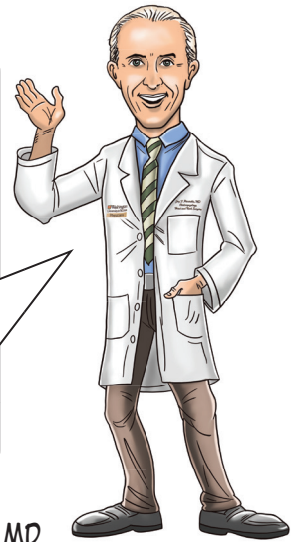


# Washington University in St. Louis

## Washington University Snoring Treatment



The snoring treatment, which includes nasal rinse, nasal strips, mouth tape, and lateral positional therapy, can help to reduce or eliminate snoring in many people. It is important to note that these treatments may not be appropriate or work for everyone, and should be discussed with a healthcare professional before starting. Please consult a healthcare provider if you or your partner notice a cessation of breathing during nighttime sleep.



Jay F. Piccirillo, MD.

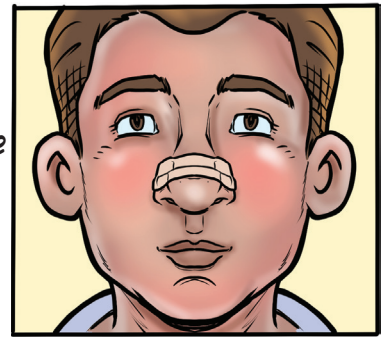
### Nasal Rinse



Nasal rinse can help improve breathing by clearing the nasal passages and reducing congestion. Irrigation of the nasal passages, helps to moisturize and hydrate the nasal tissues, thin and loosen the mucus, and flush out irritants. For people with allergies, addition of a steroid to the nasal rinse can improve breathing more than just rinse alone.

### Nasal Strips

Nasal strips are adhesive strips applied to the outside of the nose. The bands gently lift and open the nasal passages. This helps to expand the space



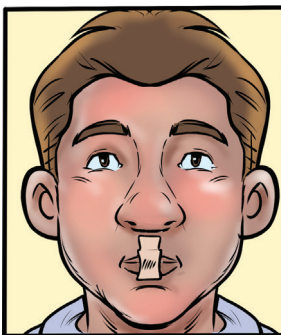
inside the nostrils, which allows for improved airflow. By improving nasal airflow, nasal strips can help reduce the need for mouth breathing and decrease the likelihood of snoring.

### Lateral Positional Therapy



Side sleeping helps keep the airway open and aligned and can help reduce snoring. Back sleeping can result in the tongue falling backward and obstructing the airway, which leads to the vibration of tissues in the throat. To make side sleeping more comfortable and effective, use a supportive pillow that provides adequate support for your neck and head and keeps your spine aligned in a neutral position. Additionally, placing a pillow between your legs may be helpful.

### Mouth Taping



Mouth taping encourages nasal breathing and reduces mouth breathing. Mouth taping involves applying a small piece of tape over the lips to keep the mouth

closed throughout the night. Mouth taping can help reduce or eliminate snoring, leading to quieter and more restful sleep.