

## Sleeping With a Snorer

When a person has a snoring person, then they are not conventionally actually the 'victim' in the situation. While it is they who has the problem, it is not however them who has to deal with the biggest problem. Rather the problem is for the person who they sleep with ? which usually means their partner ? as they will have to try and sleep while they listen to their partner snore and often they will find this impossible. To this end many couples end up actually separating when they sleep so that they have different rooms or at least different beds. This is of course a real shame as sleeping in the same bed is highly romantic and intimate and one of the highlights of being in a loving relationship.

So how do you go about sleeping with a snorer? Well of course you should point them in the direction of stop snoring tips, and you should try to encourage them to use anything they have been given by the doctor or any tips they have read. For instance they might have a CPAP machine ? AKA a continuous positive airway pressure machine, and in that case you should encourage them to use it. A snoring guard can also help by changing the shape of their mouth and so the acoustics. Likewise there are other stop snoring tips you can encourage, and these will include things like sleeping on a larger pile of pillows, or making sure that they clear their sinuses before they go to sleep.

However you can also do some things yourself to sleep better with a snorer. For instance you should look into using ear plugs or other things to block the sound of the snoring so that you can ignore it and better get on with your sleep as a result. Likewise though you should also learn to just not think about the snoring. If snoring is regular then you can actually imagine it to be a fairly pleasant sound. This is what we call 'cognitive restructuring' which means in essence changing the way you think, and thereby changing your perception of an event and thus changing the impact it has on you. Learn to think that snoring is soothing, and to stop fixating on it, and suddenly it will be less likely to keep you awake.

Instead of focusing on the snoring then, you should instead deign not to let it bother you and instead try focusing on something else like the ticking of a clock. Understand the value of just lying down and resting and realize that even if you aren't asleep that you will be recovering and making your body feel better. This way of thinking is far preferable to focusing on the fact you aren't asleep and then getting stressed and pent up which will only keep you awake longer.

You can also have other noises in the background to help. For instance listen to quiet classical music and this will help to mask the sound of the snoring. And lastly ? don't be afraid to shake the person gently to get them to stop.

## About the Author

It's important to teach your partner [how to stop snoring](#). Follow the links for [stop snoring tips](#).

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