

HOW TO SURVIVE SNORING

1 Keep your date on her side or stomach.

Sleeping on the back tends to lead to snoring. If your date falls asleep on her back, change her position using one of the following techniques:

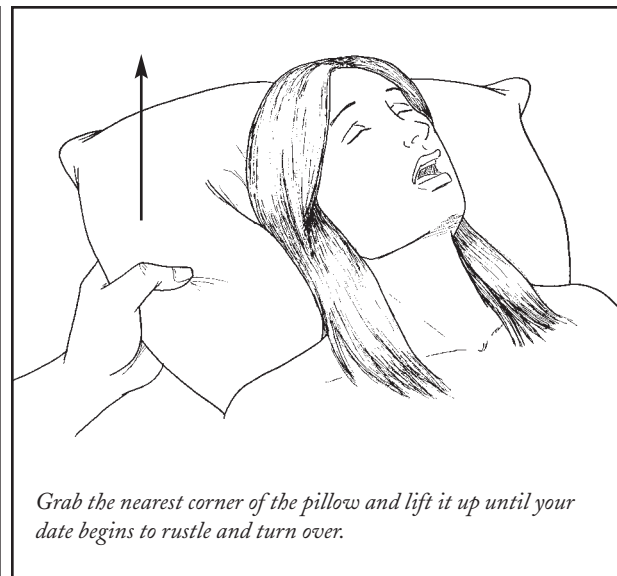
- The Pillow Lift: Grab the nearest corner of the pillow (the corner she is facing, if she is on her side) and lift it up until she begins to rustle and turn over. This may cause her to wake up momentarily and stop snoring.
- The Bed Flop: Actively flip yourself over (from one side to the other, or from your stomach to your back) with an unusually aggressive flop. Make it forceful enough to shake the bed. Often this will disturb her just enough to cause her to turn over as well.

2 Wake up your date.

If the more subtle approaches do not work, become more aggressive. A strategically placed elbow nudge or kick may awaken your date. Repeat until effective.

3 Use earplugs.

Be prepared for the worst—have earplugs handy. If you do not have earplugs, try using a small amount of wadded-up cotton from a cotton ball, or even toilet paper. Your final alternative is to sleep in separate rooms. It may not be romantic, but it is an effective temporary solution.



Grab the nearest corner of the pillow and lift it up until your date begins to rustle and turn over.

Be Aware

- Drinking alcohol promotes snoring, so prevent your date from drinking too much. Alcohol depresses the activity of nerves in the nasal air passages, enervating the airway muscles that would keep the air passages open at night and prevent snoring.
- Drinking coffee reduces snoring. Caffeine may stimulate the airway nerves, keeping them open. Caffeine may also make a person sleep more lightly, which can reduce snoring.

HOW TO FIND A PARTNER WHO IS LESS LIKELY TO SNORE

- Avoid the obese, as they have a higher incidence of snoring.
- Avoid individuals with short, fat necks, as these people also have a higher incidence of snoring.
- Avoid individuals who are constantly sniffing and snorting; this may indicate a chronic sinus condition that can cause snoring.
- Avoid heavy drinkers; high alcohol intake leads to a higher incidence of snoring.
- Avoid someone who consistently falls asleep in social situations. Tiredness may be a sign that this person is experiencing reduced quality of sleep due to a sleep disorder that may include snoring.

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