

What to Look For When Choosing a Mouth Piece to Stop Snoring

Contributed by Webmaster

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We currently find ourselves with quite a delicate subject when talking about snoring. Nobody likes somebody that snores at night and stops you from sleeping and the one that snores is also affected as he/she always needs to move to another room in order for family members (usually the spouse) to be able to sleep. Such a thing can cause friction and can even end marriages. Statistics show that at the age of thirty, around 5% of women and 20% of men start snoring. At the age of 60 around 40 percent of women and 60 percent of men snore. With the use of medication and alcohol that relaxes throat muscles, we also notice snoring appears. Overweight people are also very likely to start snoring.

One remedy for snoring stands in the highly popular mouth piece said to help people that suffer from snoring. Statistics even showed that in some cases around 60 to 80 percent of individuals using them will stop snoring or it will be reduced to an acceptable level. To put it simple, snoring happens when the airways in your throat are not opened all the way. With using mouth pieces to stop snoring your lower jaw will be held slightly forward, thus making it a lot easier for you to sleep.

What to Look For?

Ever since people realized that mouth pieces to stop snoring can actually work, there have been many models developed. Each claims to aid but the truth is that there are many on the market that are not that good in helping you with your snoring problems. In most cases the problem stands in the actual design of the product. Mouth pieces work by supporting your jaw and thus aiding in stopping snoring. If they are too stiff, they will be very uncomfortable and you will not be able to sleep. It is also very important that your mouth will not stay completely closed. If you can not breathe through the nose and the mouth piece will force you to keep the mouth closed at all times, it may become very dangerous.

One thing to look for is the way the mouth piece is built. Does it look solid or rigid? If it does, it might not be that great. The ideal mouth piece needs to be soft and to adapt to all sizes possible. You can not use one if it is too big or too small. You will also not be able to use it if it is too rigid as it will be uncomfortable. Mouth pieces that are properly designed will also need to be changed after some period of time. Any mouth piece that guarantees protection for periods of time that are too long should be avoided as they are probably made out of hard material that can be damaging or uncomfortable.

When looking for a mouth pieces to stop snoring you might also find some models that are custom made. This means that they will not be universal and you will have to check the size when purchasing. Some models will even be custom built, based on your mouth but these tend to be more expensive. On the other hand, these mouth pieces to stop snoring are the most comfortable on the market. You will probably need to change them every 4 to 6 months but they eliminate snoring in around 90 percent of cases so it is a good investment to make.

Controversy

There is a lot of controversy at the moment whether mouth pieces are useful or not when it comes to sleep apnea. A lot of doctors have stated that individuals might not even realize they suffer from this condition and the mouth pieces will aid them while not treating them. This is why there have even been bans in some countries related to the availability of such gadgets for the public. Medics recommend that the individual should first visit a specialist doctor. He will perform tests and then, if suitable, will recommend mouth pieces to stop snoring.

Such a practice (to ban the selling of mouth pieces to stop snoring) does bring a lot of controversy to the table but is also

useful. It is always better to consult a specialist because snoring can be caused by different serious conditions. You might end up with purchasing a mouth piece that will aid a lot and you would still be having that condition. Such a practice could lead to a complication so several doctors are trying to make them something that needs to be prescribed in order to be purchased.

The Correct Approach

You need not go out and take into account only the first solution you find for anything in life. A proper research is always the barrier between success and failure. This goes for mouth pieces to stop snoring as well. If you suddenly started snoring, without any visible reason, the correct approach would be to consult a specialist. You might be suffering from something that can be very damaging on the whole run. First research the cause and only after that aim for a solution! There might be a need for medicine that can eliminate snoring altogether. If this is the case you would end up spending needlessly on mouth pieces to stop snoring when some cheap drugs might get the job done a lot faster and more comfortable.

When thinking about which mouth piece to purchase, go to different stores and take a look at more than one model and visit at least 2 or three shops that sell them. This will make it possible for you to spend less money as you might find the same mouth piece in another store, cheaper and you can gain an even better sleep by purchasing the mouth piece that best suits you as an individual. You need to be comfortable while sleeping while your mouth needs to stay opened and not completely closed.

Lisa Davies is a freelance writer. For more information about using a mouth piece to stop snoring visit our site Snoring Remedies at <http://www.snorelessleepmore.com>