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# Hidden Allergies That Cause You to Snore

Contributed by Webmaster

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Snoring can be a rather difficult thing to put up with, regardless of the fact if you are the person that is snoring or if you are someone that has to listen to it. Did you realize, however, that snoring can go much further than being a simple annoyance?

There are certain types of snoring, such as sleep apnea, which can cause a medical condition that actually brings on death in some instances. That is why it is important for you to identify any hidden allergies that would cause you to snore. Not only will it help to keep away more serious problems such as sleep apnea, it will help you and the people that you care about get a good night's sleep.

The most important place for you to begin looking for these hidden allergies is the place where you sleep. The reason why this is the case is because whenever we sleep, we tend to breathe much deeper and this pulls the allergens further into our nasal passages and lungs. It is also important for you to look for allergies and places outside of the sleeping area but to begin with, you should confine them to the area in which you sleep.

The most common of these hidden allergies is allergies to pet dander. There's no doubt about the fact that if we have a dog or a cat, we love them very much. That doesn't stop us from having an allergy to them, however, even if it's one that we don't recognize it first. Having a dog or cat in your bedroom at night is going to expose you to that dander while you're sleeping. If you want to get a good night sleep and perhaps cut back on your snoring, ban your pet from the bedroom. They will be just as comfortable sleeping somewhere else and you will be much more comfortable if you can get a good night sleep without snoring.

Another type of hidden allergy that causes snoring is pollen that is collected in your hair during the day. Believe it or not, an incredible amount of this pollen can accumulate in your hair during a day's time so it is important that you wash your hair thoroughly before going to bed. If you don't wash your hair, you are going to transfer the pollen from your hair to the pillow and then breathe the pollen directly off of the pillow. Take the time to wash before going to bed and you may be able to reduce your snoring considerably.

Hi, my name is April. I've written this article about Hidden Allergies That Cause You to Snore so snoring becomes part of your history. Please click on How To Quit Snoring at [www.savemoneysavetimenow.com](http://www.savemoneysavetimenow.com).