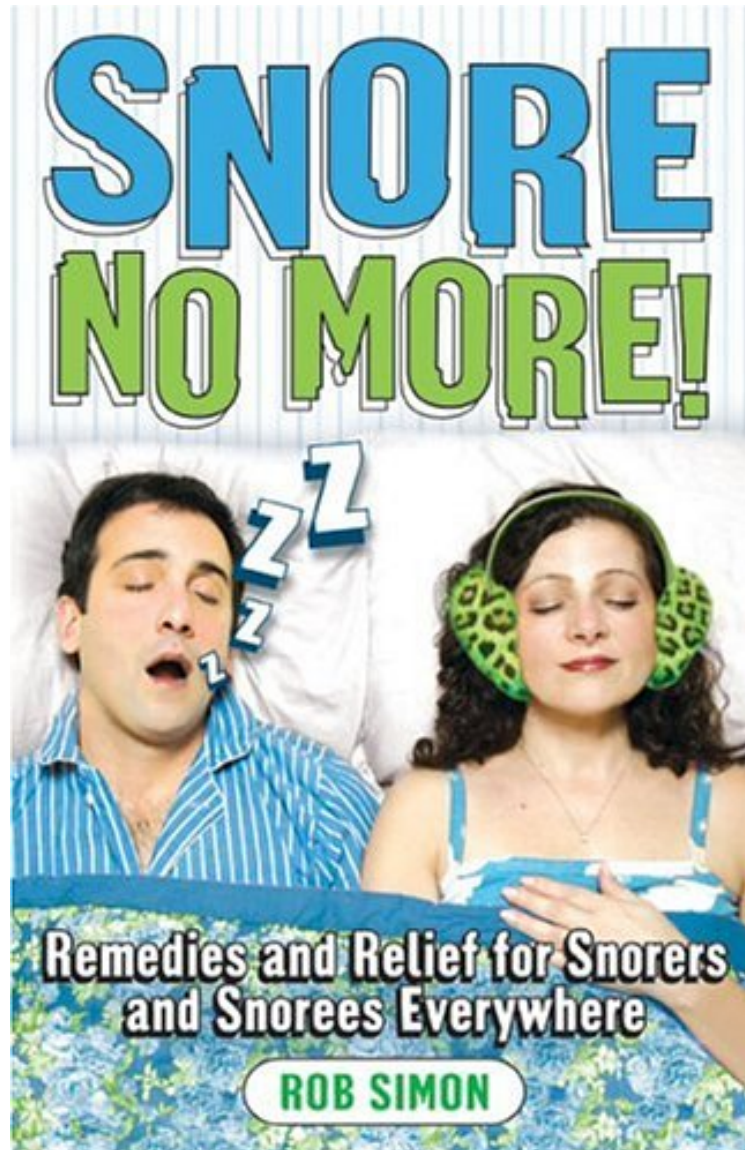


Snore No More!: Remedies and Relief for Snorers and Snorees Everywhere

From Andrews McMeel Publishing

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From Andrews McMeel Publishing : Snore No More!: Remedies and Relief for Snorers and Snorees Everywhere before purchasing it in order to gage whether or not it would be worth my time, and all praised Snore No More!: Remedies and Relief for Snorers and Snorees Everywhere:

0 of 0 people found the following review helpful. After reading this book, I have found a combination of devices that I can use, and have actually STOPPED snoring! Yes really!By Gregory C. BrownFirst let me say this, I do not know the

author or publisher and have no vested interest in writing this review except that I wanted to figure a way to stop snoring for my girlfriend's sake! For the first time in my life, I have experimented with various groupings of devices (including a couple not mentioned in this book) after having read this book, and have actually found a combination that works for my body, that has stopped my snoring after a long history of snoring! My girlfriend is MUCH happier now! For those who want to know what worked for me... My combination includes, 1) putting on a breath right nose strip, 2) then insert a very small and essentially non-bothersome, and very inexpensive, small magnetic nose clip (you can search for it using, "Stop Snore Free Anti Snoring Nose Clips Sleep Apnea Aid Guard Night Sleep On Tv"), and finally my dental mouth guard (which was very expensive except for having had insurance to cover it. There are MUCH less expensive versions of this available "across the counter" now though). I have tried each of these alone, and only number 2, the least expensive of them, the magnetic nose clip, was able to reduce my snoring significantly alone. However, in combination, they have stopped my snoring! It is worth reading this book and figuring out what combination works for you and your loved one, there are a LOT of suggestions, and I DID find my solution!

3 of 3 people found the following review helpful. Helped me figure things out
By S. Subervielle
One of the topics in this guide is a series of simple "tests" you can do to figure out which of the common causes of snoring are causing you the most trouble (jaw sinks backwards, closed nasal passage, etc.). Using that, I was able to narrow things down and I felt more confident in knowing which anti-snoring appliance to buy. I didn't want to spend all that money as shots in the dark. But now I have something that works for me and my snoring!

0 of 0 people found the following review helpful.
funny experiences, but he was not cured!
By T Sandy
author explains almost ALL remedies out there, but none worked for him! he seems to be a lost cause. and in the end, gives the options to the victims, the snoree, like for the best earplugs out there! it does not give hope to the snoree, the reason for someone to purchase this book! it would have been nice to share a few success stories. i guess i will continue to lose an hour of sleep a night by poking him every time he wakes me to turn on his side along with the same response of the question "Was i snoring?"

paperback