

The Snoring Mouthpiece Review Publishes New Blog Post On Snoring Mouthpieces

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Long Beach, CA based The Snoring Mouthpiece Review recently published a new blog post. Titled ?Say Goodbye to Snoring with Oral Appliance Therapy,? the post discusses the benefits of relying on Oral Appliance therapy as a solution for snoring. While they may not be the most popular solution for snoring issues, oral appliances present a more comfortable solution to the problem, and the article explores why this is so. Read the article and the company?s recent news online by visiting their website.

Usually, snoring is treated using a Continuous Positive Airway Pressure (CPAP) machine. The device has the ability to reduce disrupted breathing during sleep, which is one of the main causes of snoring. The CPAP machine requires that the user wear a mask, or nasal cannula, connected to a machine that delivers pressured air as the person sleeps. While CPAP machines see heavy use, snorers generally dislike them due to how uncomfortable they are to wear. According to a Dr. Michael Uzelac, a dentist in the field, about 58% of people who are prescribed a CPAP machine simply choose not to wear it. The reason for this is that many people find the devices to be bulky and uncomfortable and would rather have something a bit more presentable to help treat their disrupted breathing problems.

An oral appliance, which can be custom fitted to the user?s mouth, is considered a better, more comfortable way of dealing with Obstructive Sleep Apnea (OSA). As Dr. Uzelac states. ?With obstructive sleep apnea, the muscles in the throat relax and block breathing. Oral appliance therapy works like putting a door stop in a door. The appliances help pull the jaw forward so the muscles can?t relax and block breathing.? The FDA has approved over a hundred different oral appliances for the treatment of OSA. Oral appliances are more comfortable, and are considered one of the best solutions among snoring mouthpieces and devices for those suffering from milder forms of sleep apnea.

Being overweight has also been shown to be connected to excessive snoring. As the article states, ?Patients who suffer from OSA and excessive snoring are often overweight and have other contributing factors like uncontrolled blood sugar (diabetes) and poor sleep habits at night (such as watching TV in bed). It?s just as important to address overall health as it is the snoring itself. The severity of apnea is typically measured by the Apnea-Hypopnea Index (AHI), which gauges the number of breathing disruption and blood oxygen drops per hour during sleep. The higher the number, the worse your OSA.?

Losing weight can help reduce the severity of one?s apnea. There is a direct relationship between overall health and apnea and taking care of one can reduce the effects of the other. It is, however, still advisable to try using an oral appliance to reduce one of the symptoms of apnea, namely snoring. Anyone suffering from the effect of loud snoring is encouraged to check out SnoreRX, an oral appliance designed to help reduce the effects of apnea and allow snorers and those around them to sleep soundly.

The device is produced by a company named Apnea Sciences Corporation and has been positively reviewed by the vast majority of its users. The Snoring Mouthpiece Review previously wrote a detailed review of the product as well, which goes into great detail about the anti-snoring device and the company behind it.

?When I first found SnoreRx, I searched for reviews on the device,? says the company?s review. ?You can read all the reviews you want, but remember, opinions are the cheapest commodity on earth. Everyone?s got one. The real test came when I started looking for negative reviews. I wanted to know for sure if people had complained about the company. Let?s face it, complaints are easy to find because people simply love to tell the whole world about companies they dislike. The money back guarantee goes hand in hand with looking for any unscrupulous behavior from the company. I searched, went to forums and spoke to someone at SleepNet Forums, but I found no evidence of any ?SnoreRx scams? or frankly, even complaints. Instead, everywhere I looked, I found one positive review after another.?

Find out more about SnoreRX and other solutions for snoring today by contacting Steve Walker of The Snoring Mouthpiece Review. More information is available on their website, and interested parties may connect with the company through their social media channels to stay up to date with their latest snoring mouthpiece reviews.

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The Snoring Mouthpiece Review

Snoring mouthpiece and anti snoring device blog with unbiased mouth guard reviews. Includes ZQuiet, SnoreRX and Good Morning Snore Solution, among others.

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