



## **Keenhealth Nasal Strips Offered As Possible Snoring Solution**

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Keenhealth, a home health products business based in Denver, Colorado, has announced that their K-NS-356 nose strips can be used as a possible remedy for snoring. These are designed to help provide relief for stuffy nose or nasal congestion resulting from the common cold or allergies. In addition, because it increases air flow through nasal passageways, it can be used as a drug-free anti-snoring device. The increase in airflow can help decrease snoring, which could be beneficial not just to their partners but also for themselves.

"If you need to catch some ZZZs but snoring keeps you up, our nose strips are designed to provide instant nasal relief. And they're drug-free to boot. The spring-like bands help to open up your nasal passages, letting you breathe easier and deeper. Thus, they can provide nasal relief caused by a cold or allergies, such as hay fever; provide nasal relief from nighttime nasal congestion; and reduce or even stop snoring," says Lily, a spokesperson for Keenhealth.

The K-NS-356 nose strips are provided with strong adhesive and spring bands to lift the nostrils and keep the nasal airway open all night so that the user can get a good night's sleep. This is because, these strips can

also reduce or altogether get rid of snoring that can be so loud that it will wake the person up.

During sleep, partial blockage in the throat results into snoring because of the vibrations of the relaxed tissues during sleep. But nasal congestion can make snoring worse and can even transform a usually quiet sleeper into a snorer. In fact, it has been found that severe stuffy nose can triple the risk of snoring. That is why the K-NS-356 nasal strips can reduce or even get rid of snoring by widening the nasal passages.

These nasal dilator strips work by using spring bands that when applied to the outside surface of the nose, will tend to spring back to their straight position, thus lifting the sides of the nose in the process because of the adhesive. Thus, these nose strips may help for obstructions in the nose, such as nasal congestion. If nasal congestion is present, the airway is drastically reduced, causing the airflow to become turbulent, which causes the tissues lining the throat to vibrate, resulting in the sound of snoring. This turbulence is avoided when the nasal passageways are widened by the nose strips.

However, it should be noted that these nose strips may or may not help with snoring because it will depend on the cause of the snoring and the type of nose. There are a number of locations inside the nasal cavity and throat where snoring can occur. In reality, snoring can result from a combination of such areas.

If snoring is mostly nasal in nature, such as when there is nasal congestion or a person has a narrow nose, then nose strips can be effective in reducing or even preventing snoring. However, it is also important to properly position the strips. They should be worn in the middle or lower part of the nose. If they are placed too high across the bridge of the nose, their effectiveness may be reduced or altogether lost.

It is easy to see that if the snoring is due mostly to obstructions in the throat, often caused by the relaxed muscles of the tongue and throat, snoring may persist despite using nose strips. Taking that into account, nose strips may not be the solution for some people. However, these nasal dilator strips are so inexpensive, it wouldn't hurt to try them. If it works in helping to reduce snoring, it is actually a good idea. However, they should never be used as an alternative to seeking treatment. Consultation with an ENT doctor may reveal the presence of a structural problem, such as mucous buildup, that can be remedied with a minor procedure.

People who are interested in the K-NS-356 nose strips as snoring solution or other similar products from Keenhealth may want to visit their Amazon page.

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For more information about Keenhealth, contact the company here: [KeenhealthLilyDenver, CO](#)

## Keenhealth

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