



Sleep Hygiene Tips From The SleepTight Mouthpiece Team

Great sleep for you and your sleep partner is the SleepTight goal. These sleep hygiene tips are helpful to anyone with sleep problems and especially those who snore or have sleep apnea. To get the best results from your SleepTight Mouthpiece, please incorporate these tips into your sleep routine.

Good Night and Sleep Tight!

1. Watch what you eat and drink before bedtime



- For most people, the sleep depriving effects of caffeine can last up to 6 hours. Caffeinated products decrease a person's quality of sleep. Caffeine is found in coffee, tea, chocolate, cola, and some pain relievers.
- Smoking close to bedtime can interfere with sleep.
- Alcohol should not be consumed within 3 hours of sleep. Although alcohol can be sedative, it interferes with the essential REM sleep cycle.
- Your evening meal should be finished at least 3 hours before bedtime. If you must snack before bedtime, choose a light dairy or carbohydrate.

2. Make the bedroom a place to sleep

- The bedroom should be a place for sleep and intimacy
- Make your bedroom dark and quiet
- Keep it cool between 60-75°F
- The bedding should be comfortable
- If your pets wake you up, keep them out of the bedroom
- Remove distracting noise from the bedroom
- Get snoring treatment if it is keeping you or your partner awake
- Don't bring work to bed
- Avoid stimulating activities in bed such as watching TV, movies or using computers. This will strengthen the mental association between your bedroom and sleep.
- Avoid stressful emotional issues such as arguing before bedtime.

3. Follow the same sleep routine every night



- Light reading could be part of your routine
- You could take a relaxing bath
- Go to bed and wake up at the same time every night, even on weekends and holidays. This sets the body's "internal clock" to expect sleep at a certain time, night after night. See: [The Drive to Sleep and Our Internal Clock](#).

4. Naps

- If you must nap during the day, limit the time to 20 or 30 minutes. The best time for a nap is usually mid-afternoon, around 2:00 PM or 3:00 PM.
- Avoid falling asleep while watching TV as this will prevent your ability to fall asleep later

5. Exercise helps too



- Daily exercise has been shown to help promote restful sleep. Exercise should be completed within 3-hours of bedtime.

6. Still cannot go to sleep?

- If you're still unable to sleep after lying down, do not go back to any type of stimulating activity.
- You could try over the counter sleep medications to make you drowsy. **Note: sedatives can make snoring worse.**
- If problems persist consider medical help. See: [When to Seek Treatment](#).

Snoring And Sleep

If snoring is causing a sleep problem for you and/ or your partner, consider these additional tips and remedies. The SleepTight Mouthpiece can be used to help improve snoring when used with the following suggestions.



Snoring is caused by an airway blockage either in the nasal passages or in the back of the throat, sometimes it's a combination of both. Breathing through your mouth increases the likelihood of snoring; but some people also snore with their mouth closed. Open-mouth snoring may indicate a problem in the back of the throat or that the sinus nasal passages are blocked for some reason. If you have closed-mouth snoring, the blockage is probably from the nasal passages or the tongue falling back over the airway.

Ways to deal with nasal passage obstructions

- Treat allergies and sinus infections. Keep your bedroom clean. Remove the all allergens from the bed linen and pillows. Avoid any irritant which causes sinus congestion.
- Some over the counter antihistamine type medications can help with nasal blockage.
- Avoid excessive alcohol, smoking and other sinus blocking drugs. Excess alcohol can cause sinus inflammation and the relaxation of the throat tissues which cause snoring.
- Get medical help if the blockage is caused from structural airway problems such as a deviated septum.
- Try periodic use of nasal sprays. These should not be used for more than 3-consecutive-days.
- Nasal strips can keep the airway open.
- Sinus irrigation such as the Neti Pot may help keep the nasal passages clear.
- Room humidifies and saline nasal mist sprays help overcome nasal dryness and improve breathing.
- The [SleepTight Mouthpiece](#) also helps with nasal breathing because it positions the tongue forward in the mouth to open the airway. This more opened airway passage reduces the resistance to breathing through the nose and improves snoring.

Other sleep snoring tips

- Change sleeping position: sleep on your side. Sleeping on your back makes the tongue drop back, closing the airway and making you snore.
- Sleeping with your head raised on an extra pillow may take some of the pressure off of the airway and stop snoring because you will breathe easier.
- Stop smoking. Smoking increases throat inflammation and increases snoring.
- Don't drink alcohol 3 hours or less before bedtime. Alcohol relaxes the tissues and also causes disturbed sleep, sometimes, bad dreams and further complicates the sleep experience.
- Avoid sedatives because they can relax the throat tissues and result in snoring.
- Do not use caffeine at 4 hours or less prior to bed time.
- Avoid a large meal 3 hours or less before bedtime. A full stomach may prevent the diaphragm from functioning properly, making breathing more difficult during sleep.
- Diet and exercise to lose weight. Losing weight reduces snoring particularly because neck fat obstructs the airway. Losing just 10 percent of your body weight can help by easing constriction of the upper airway.
- Treat hormonal problems. Follow good medical advice to regulate hormonal imbalances particularly menopause snoring.

Self-defense measures

If your partner snores, try the following remedies.



- Have your partner try a snoring mouthpiece such as the [SleepTight](#).
- Sleep alone. Of course this does not stop the snoring but it may improve your relationship.
- Use ear plugs. If the snoring is moderate in volume, this may be a solution to sleep together.
- Use a white sound noise machine or a ceiling fan to mask the sound. This may work for lower volume snoring.
- Go to sleep first, you'll have a head start on a good night's sleep.
- Get medical help.