

Would you like to find out more about your sleep & snoring and what might help improve it?

Snore Lab: An application for your smart phone that can be used to monitor your snoring at night. The application can be downloaded and is called Snore Lab.

Establish a baseline: Using this for several nights it should get an idea of the intensity of your snoring on a typical evening.

See if you can improve your sleep and snoring:

Astelin and Flonase- These are nasal sprays that are safe to use on a regular basis and can help with nasal congestion. After establishing a baseline for your snoring, start using the sprays on a regular basis if tolerated. Compare the results of your Snore Lab scores to see if this type of treatment helps

Afrin nasal spray- Nasal congestion will worsen snoring typically . Afrin nasal spray helps to decrease nasal congestion and might improve your snoring. For several nights, Afrin could be used before bed and the intensity of the snoring can be monitored with Snore Lab. Afrin can only be used for three nights in a row and then needs to be stopped for at least 7 days.

Airmax Nasal Dilator- You may have been provided with a nasal insert to help with your nasal breathing. You can also experiment with this device to see how much impact this has.

***Keep track of these results and share them with us when you return for your follow up visit.

