

The Snoring Checklist

Four steps. Most snoring is fine. This is how you tell.

1 Find Out Which Kind of Snoring You Have

Volume decides nothing. The pause decides it

- ☐ **Normal** is occasional, steady snoring with no break in the sound.
- ☐ **The signal** is snoring that stops suddenly, then a short or gasp.
- ☐ **Watch for** loud snoring that starts soon after falling asleep.
- ☐ **Note** night sweats, restlessness, or waking as if choking.

2 Record One Night and Listen for the Pause

Evidence beats a secondhand description

- ☐ **Ask permission**, then record audio or video of one full night.
- ☐ **Count** how often the sound stops and restarts with a gasp.
- ☐ **Listen back** for silence in the middle of the snoring, not volume.
- ☐ **Keep** the clip on your phone to play for your provider.

3 Ask for a Sleep Test, Not a Gadget

Two real tests exist. Both give an answer

- ☐ **Home sleep apnea testing** happens in your own bed, no lab night.
- ☐ **Bring** your recording and your partner to the appointment.
- ☐ **An overnight sleep study** in a facility is the fuller version.
- ☐ **Mention** morning headaches, daytime sleepiness and trouble concentrating.

Untreated obstructive sleep apnea is linked to high blood pressure, atrial fibrillation, stroke, heart failure and type 2 diabetes.

4 Lower the Odds While You Wait

Free changes that reduce snoring tonight

- ☐ **Sleep on your side.** Back sleepers snore more than side sleepers.
- ☐ **Elevate** your head and treat nasal congestion from colds or allergies.
- ☐ **Skip alcohol and sedatives** before bed; both relax the airway.
- ☐ **Stay active** and keep a weight that is healthy for you.

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The Ageless Brief

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