

STOP SNORING

WITH THESE 5 HOME REMEDIES

www.dreamsipper.com



TEETH TOGETHER

When you eat, pause a second and swallow only with your teeth together. This will make it much easier to keep your mouth closed and reduce snoring when you sleep at night.

TONGUE UP

Keep your tongue pressed to the roof of your mouth when you swallow from your gums near the top of your front teeth going all the back to your soft palate. This is the healthy way to swallow and is the stop snoring position for your tongue.



MEAL TIMING

Do not eat within 3 hours of sleep and try to make dinner a light / medium meal. Make sure to chew VERY well. Take 20 minutes to eat your last meal and do not rush it. Keeping your tongue up promotes more chewing and slower eating.



TONGUE POSTURE

Practice relaxing, deep diaphragmatic breathing during the day with your tongue up, especially when you exercise and go to sleep. This helps you sleep deeper at night. One way to do this is to imagine the breath is coming in through your feet and through your body.



DREAM SIPPER

Turbo charge your results with the Dream Sipper. The Dream Sipper cuts the time needed to stop snoring by 72% and naturally makes your tongue rest on the top of your mouth. It's also 4 times more effective at cutting snoring levels and duration than using oral exercises alone.

