

# **Alexander Iliashchuk Snore or One guy used to have it and now it is gone, so it will go away in your case too**

*The book is dedicated to all who have ever suffered from snoring...*

## **Introduction**

If you are holding this book in your hands then you are very likely interested in the topic of snoring. You might have already tried all the tips found on the Internet, which mostly repeat the same recommendations. It is good that you have already tried all the "miracle" drugs, drops, clips, garters, and other silly stuff like that. I will not list all of them here.

Most likely, you will want to assess possibilities of our medicine in the area of surgical intervention in the mouth. You will consider assurances of medical professionals that "everything will be all right" with a certain share of scepticism. After all, you can resort to cutting yourself anytime. Statistics shows the percentage of cured and, to put it mildly, not cured

patients. And nobody wants to get into the second group, but it does exist.:-)

I am not going to discuss situations when there is no other possibility to help the person to get rid of snoring other than surgical operation, or when there exists a real danger to life.

I cannot promise my book will relieve you from Snoring by tomorrow. However, if you repeat my experience and make certain efforts you can find the night rest. And the main thing — your nearest and dearest, all the people around you, and the people behind the wall of your apartment will finally exclaim: "At last! We can sleep in peace!!!!!!!!!" I intentionally write the word "Snore" with a capital letter, since snoring is really a considerable problem.

**Snoring is a powerful enemy but you can and should overcome it.**

Be ready to devote a certain period of time to overcoming this problem. In my case, it took about 4 years — with several breaks and interruptions, often almost giving up. And, one day, I finally understood the ongoing processes and reactions of my body. After a set of trials and testing of many wrong methods, I learned to listen to my body. When you work on this problem you should analyze what you ate on a given day, what you have been doing during the day, how was your

work, and whether you were nervous or relaxed. After a while, you'll know exactly what to expect from the night.

Most likely, You will have to revise your habits, change your diet, move more, and the most important thing — you'll have to learn to listen to yourself, to understand which proposed method has the best positive impact on you.

Be ready to face the worsening of the situation. The Snore won't give up immediately and you should be patient and persistent to overcome it. Don't panic. In the parlance of my mother-in-law: "One guy that I know has had it and now it is gone, so it'll be over in your case too":-)

Think of the fact that you did not snore when you were child, did you?

So, why do you snore now?

We have to find out...

At a certain stage, I assumed that the snore appears at mature age and serves as a kind of protective function of our body in a sleep. And we inherited this function from our ancient ancestors. Like, for example, the appendix.

Imagine the life of a primitive man surrounded by wild animals. All his efforts are focused on searching for food and fire for survival. When the night falls, the man relaxes and falls asleep. In such a condition, he is absolutely defenceless and can fall an easy prey.

But the nature took care of our protection.

A rolling, resounding snore will frighten off the most dangerous predators: wolves, bears, and sabretoothed tigers...



The wife and kids had to tolerate it. There were not many other options — they had to endure the snoring until the morning or risk losing their breadwinner. And the stronger the snore the higher social status of the breadwinner, the more women and children the man had. Perhaps, the man with the loudest snore became the tribal chief or something like that.

These conclusions may make you think your struggle is hopeless.

The only wild animals residing in our modern "caves" are mice. So no one wants to endure our roar for the sake of "safety".

And so the former advantage of snoring gradually became a drawback.

## What Can One Do?

I felt I had to define what possibly can be done. Let's think from the point of view of an engineer. To put our task in mathematical terms:

**The known:** 1. *Only the one who sleeps snores.*

2. *Only the one who has a mouth snores.*

**It is required:** not to snore.

**Solution:** 1. *Not to sleep.*

2. *To do something with the mouth.*

Fortunately, not everybody who sleeps snores, though everybody has the mouth. So the problem is clearly in the mouth!



As an old saying states: "The exit is where the entry is". And that is good.

The field of our search got somewhat smaller...

So when your wife will evict you out from the bedroom, when your dog and the cat will hide in the utmost corner in the house, when even the mice and the cockroaches will be about to leave you, when the neighbours will stop greeting you in the morning... And when the exclamation of your wife "DO NOT SNORE!" will not ever stop, only then you'll be ready to acknowledge the problem and start dealing with it.



I am certain my methods below will be able to help you.

You should count yourself lucky if you have access to a remote room, where you can hide and sleep "quietly", without disturbing your nearest and dearest. But the majority of snoring people don't have such a luxury, especially when they live in apartment house.

The modern house walls are only an illusion of privacy and cosiness. In fact, they cannot hamper sounds, especially the low-frequency ones.

I'd like to stress once again that I am not trying to discredit the doctors. Though we all have to admit that snoring is hardly their the most important issue for them.

My fellow citizen, Anatoly Kashpirovsky (the famous healer) has once said during a public session: "There are 5–7 % of people in any hall, any audience which will get relieved from some disease at the session. Is that bad?" I am optimistic and I hope to achieve a similar result in my statistics of people cured of Snore. But you'll have to work on this. That should not be so hard.



Just take the first step.

I have a degree in painting. My second higher education degree is in engineering. If we consider a

human body from the point of view of an engineer we should treat it as a system consisting of certain parts, organs that interact with each other in a certain way and by certain algorithm and then form the entire system. We get a very specific reaction upon various external influences. And if we follow and analyze the incoming signals attentively, then we can understand what responses they'll have. In our case, we should research reaction of the system part (throat) to certain influences that result in snoring.

That's how simple it is.:-)

*To put it in other words — you should begin to control your activities during the day so that you can avoid snoring at night.*

## **Main Causes of Snoring**

I haven't had any problems with snoring until the age of 35–40. From time to time, I would sometimes snore, which was caused by the following:

**1. Cold, inflammatory processes in the throat, tonsils, rhinitis. All these factors lead to edema of mucous membranes; soft palate swells up a little. In difficult cases, the uvula increases and complicates the breath considerably. Air goes through the throat loudly and here we have it — the Snore.**



**It is almost impossible to avoid catching cold in overcrowded public transport, or in a lecture room at the university, or in an office at work. To prevent an infection you can use a safety mask or ointments, like oxolinic ointment. At the initial onset of cold and rhinitis, you should wash pharyngonasal cavity with salted water. Drink ginger tea with a slice of lemon or just chew a piece of ginger root for a few minutes.**

**Naturally, while struggling against cold and its heavier consequences, you should also follow recommendations of your doctors. Eat more fruits. Take vitamins. Go out and spend more time outside. And if you do moderate physical activities regularly, then colds will bother you less often.**