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There are oh so many reasons that different people snore at night. Snoring is related to a fairly common sleeping condition called sleep apnea.

Sleep apnea is abnormal pauses in breathing or instances of abnormally low breathing, during sleep. Each pause is called an "œapnea"œ.

Common causes of sleep apnea:

œ Overweight

œ Male

œ Related to someone who has sleep apnea

œ Over the age of 65

œ Black, Hispanic, or a Pacific Islander

œ Smoking

There are many anti-snoring devices created for the sole reason of stopping snoring for these individuals suffering from sleep apnea. Some are pretty cheap but others can get really expensive.

Common anti-snoring solutions include CPAP machines, BIPAP machines, mandibular advancement devices, anti snoring pillows, and snoring mouth guards.

A new snoring solution that has been found in a recent study published by the American Journal of Respiratory and Critical Care Medicine shocked a lot of the medical community recently.

Researchers of sleep apnea found a common link with fluid retention in patients that they were studying. During this study, men who were wearing thigh-high compression stockings every day of the week cut their snoring problems by three times the amount of those that weren't wearing the stockings.

Why and how do these stocking help prevent sleep apnea?

Men with sleep apnea often suffer from as much as four times the amount of fluid build up in their legs as those that do not show signs of sleep apnea. During sleep, gravity will force the liuid to your neck. This, in turn, affects your airways and your breathing at night. The constriction of your air way will often cause a man to snore at night.

The compression stockings will keep the blood moving throughout the day. The blood will make it to your heart and reduce swelling in your legs and feet.

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[Jason Vaskil](#) - About Author:

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