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Nobody likes a snorer—least of all the person who has to sleep next to the snorer! But in truth, snoring isn't just an annoyance, but a real problem that can lead to the offending party getting less restful, less rejuvenating sleep than they really need. In other words, snoring can lead to tiredness and fatigue. What's more, it can often be linked to serious medical conditions—including PCOS (Polycystic Ovarian Syndrome).

But wait. You might know Polycystic Ovarian Syndrome (PCOS) as a condition that can cause infertility, and that is characterized, in many instances, by a string of cysts in the ovaries. So you might be wondering exactly how this condition can lead to problems snoring.

PCOS: How a Hormonal Imbalance Disrupts Your Zzzzzzz's

The key to understanding how this condition can lead to snoring and even to more severe sleeping problems—including sleep apnea—is to realize that it's not really a condition of the ovaries alone, not simply a matter of infertility. In reality, it is a hormonal imbalance—the most common of all women's hormonal imbalances—and it is rooted in a condition known as Insulin Resistance.

Insulin Resistance is a condition in which the body can no longer absorb glucose from the blood sugar properly. The body tries to rectify this lack of insulin by producing more hormones—but an increase in hormones leads to an imbalance that can throw off many of the bodily systems. Snoring and sleep apnea, meanwhile, are closely related to obesity and weight gain, two of the hallmarks of Insulin Resistance.

A Natural Path to Restful Sleep

The good news in all this is that a woman diagnosed with PCOS (Polycystic Ovarian Syndrome) does not have to resign herself to a lifetime of snoring or restless nights. Indeed, the condition of Insulin Resistance is reversible! It's just a matter of improving your lifestyle, adopting better dietary habits and exercising more. Indeed, exercise has been shown to boost insulin sensitivity, while nutrition and exercise in tandem can help you to lose weight, combat your disorder, and ultimately regain those restful nights of sleep!

The other thing a woman suffering Polycystic Ovarian Syndrome (PCOS) might do is to look into the Insulite Labs supplements that are available. In particular, the PCOS System offers hormone-balancing effects that have been scientifically calibrated to reverse the condition. That means there is very much hope here, and, for women who properly educate themselves and take the precautions necessary to thwart the effects of the condition, no reason why PCOS has to lead to sleeping problems.

Learn more about the subject of Snoring and Polycystic Ovarian Syndrome (PCOS) and how it could be affecting your ability to get pregnant, visit us on the web at <http://pcos.insulitelabs.com>

Insulite Laboratories, a Boulder, Colorado USA based company, is committed to reversing Insulin Resistance - a potentially dangerous imbalance of blood glucose and insulin. Scientific research has revealed that this disorder can be a primary cause of excess weight gain and obesity, plus Pre-Diabetes and Type 2 Diabetes. Insulin Resistance can also underlie the cluster of increased risk factors for cardiovascular damage called Metabolic Syndrome (Syndrome X) as well as PCOS (Polycystic Ovarian Syndrome) - a major source of serious diseases as well as heartbreaking

female infertility.

Recognizing that there are millions of people who need this kind of systematic approach to reversing insulin resistance, Insulite Laboratories has, developed systems to address the underlying causes of Metabolic Syndrome, Polycystic Ovarian Syndrome (PCOS), Excess Weight/Obesity, Pre-Diabetes and Type 2 Diabetes.

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For more information about a [Insulin Resistance](#) and research links to the National Center for Biotechnology Information (NCBI), PubMed Health, GenBank and more visit us at a <http://pcos.insulitelabs.com>.

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