

6 Lifestyle Tips to Help Sleep Apnea



Maintain a healthy weight: Obesity can increase your risk of airway obstruction and narrow nasal passages. Research shows that weight reduction can eliminate the need for upper airway surgery or long-term continuous positive airway pressure (CPAP) therapy.



Practice yoga: Yoga can improve your respiratory strength, encourage oxygen flow, and reduce weight — all of which can lessen potential sleep interruptions.



Alter your sleeping position: Studies have shown that sleeping on your back can worsen symptoms, while sleeping on your stomach or side can help you breathe normally.



Use a humidifier: Dry air can irritate the body and the respiratory system. Using a humidifier can open your airways, decrease congestion, and encourage clearer breathing.



Avoid alcohol and smoking: Alcohol and tobacco use can lead to snoring, inflammation, and swelling in your airways.



Use oral appliances: Mandibular advancement devices move your lower jaw or tongue forward to decrease the obstruction in the back of your throat. A dentist with sleep dentistry expertise can custom-fit these devices.