

Possible / Alternative Treatments

Sleep Breathing Disorders

Sleep Hygiene

CPAP, Nasal CPAP, BiPAP – gold standard

Surgery

Breathe Right Strips

Drugs

Lubricants

Nasal cones

Didgeridoo

Tongue exercises

Snore-Stopper

Sona Pillow

Antisnor Therapeutic Ring

Acupuncture

Neuromuscular Positioning

Maxillo-mandibular advancement therapy Surgery

Oral Appliances

Orthodontic arch expansion (Braces)

Sleep Hygiene

Avoid sleeping on back (Sleep position training)

Avoid alcohol for 2 hours prior to bedtime

Lose weight

Avoid other CNS depressants

Stop smoking

Decongest nose

Elevate head of bed

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