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You Can Stop Snoring Tonight

If you're sick of your embarrassing snoring habit ... if you are tired of waking up in the morning completely drained from exhaustion ... if you're fed up of your hopeless snoring situation ... if you wish for nothing more than being free of your shameful snoring habits and sleepless nights ... then this is definitely the most important letter you will read today.

Hello my name is Daniel Agbetorwoka and as someone who used to snore heavily for 20 exhaustive years, you can believe me when I say first hand the pain and shame associated with this terrible condition.

After reading and trialling the practical steps of this book my NC completely vanished, now I am enjoying my sleep yet again. My dear wife has been amazed by this, no more putting up with NC.

But before I go on to tell you about what I found out and how it's already helped hundreds of fellow snoring colleagues like you - Here's what snoring is and the reason why you snore in the first place ...

First, snoring is any resonant or echoing noise from your throat that emerges out while you are sleeping.

Biologically, your nose is connected to your mouth by your airway. Snoring is a vibration in the airway and it can emerge through the mouth or nose. It can also emerge through both.

This is the reason why. It is because of the soft tissue in your airway. The tissue is soft and it becomes relaxed at night. If you like, compare the soft tissue to some muscles in your biceps that relax at night when the body does not need them.

As your throat (and its subsequent tissue) relaxes during sleep, the wind tunnel or the airway becomes narrower and hence snoring occurs.

Did you know snoring can also be...

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