

Days 1 - 3

Days 4 - 70

Days 71 - 90

Explore the Resource Hub on our website

Try our interactive sleep test:  
[www.britishsnoring.co.uk/interactive-snore-test](http://www.britishsnoring.co.uk/interactive-snore-test)

Decide on probable cause(s)

Do you suspect sleep apnoea?

Complete our STOPBang questionnaire:  
[www.britishsnoring.co.uk/stopbang-questionnaire](http://www.britishsnoring.co.uk/stopbang-questionnaire)

BMI above 25

Lose weight through diet and exercise

Dietician

Gym/fitness programme

Keep a food diary

Use an app to track eating

Weekly progress photos

Seek support from peers

Smoking

Hypnotherapy to quit

Avoid smoking for at least 4 hours before bed

Join a stop smoking group.  
Find one in your area:  
[www.nhs.uk/live-well/quit-smoking](http://www.nhs.uk/live-well/quit-smoking)

Alcohol and sedatives

Avoid sleeping pills or tranquilisers

Avoid alcohol at least 4 hours before bed

Tongue-based snorer/mouth breathers

**Mandibular advancement devices:** Tomed SomnoGuard, Snoreeze oral device **Mouth breathing devices:** Somni Snore Guard, Sleep Right Dental Guard, Snore Calm Chin-Up Strips

Nasal-based snorer

Small or collapsing nostrils

**Nasal dilators:** Nozovent Nasal Dilator, Mute Nasal Dilator **Nasal strips:** Breathe Right Nasal Strips

Nasal stuffiness

**Nasal sprays and strips:** Rhynil Anti-Snoring Spray, Breathe Right Nasal Strips

Allergies

Allergy relief

Specialist physician

The menopause

GP

Drug therapy

Hospital menopause clinic

Sleeping position

Bed wedge

Pillows

Physical abnormalities

ENT consultant

If you're still snoring or suspect you may have sleep apnoea, consult your GP for guidance

If further evaluation is needed, you may be referred to a specialist or scheduled for a sleep study

CPAP machine

Mandibular advancement devices

ENT surgery

# The 90-day Snore-No-More Plan

Follow the flowchart to identify the probable cause(s) of your snoring or sleep apnoea.

You'll find tailored solutions and advice along the way.

