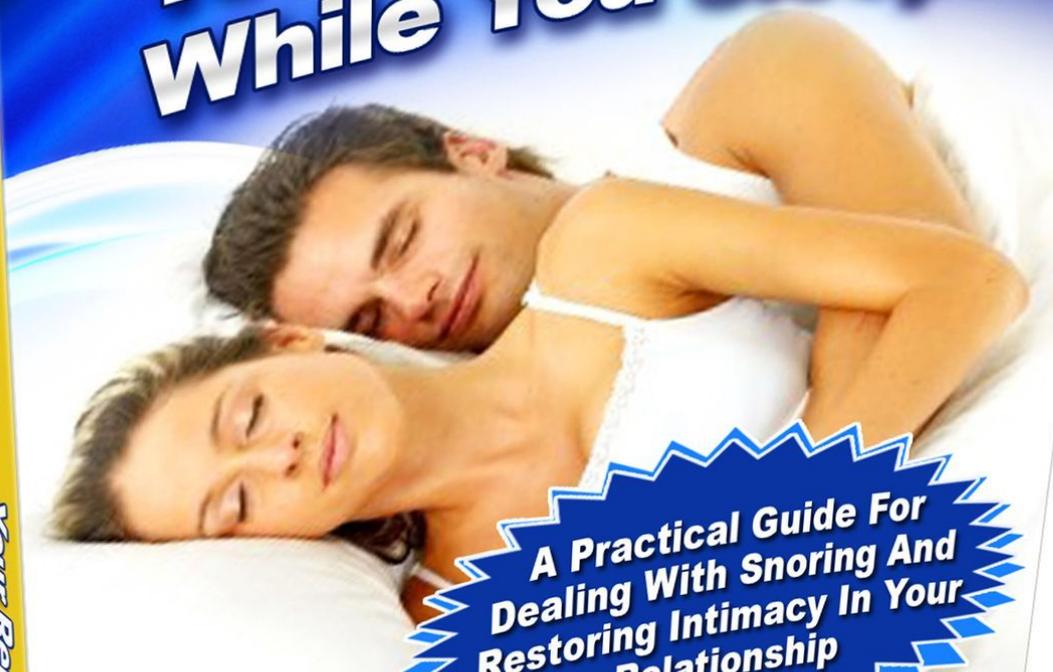


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By Jennifer Ross-Taylor

A Practical Guide For Dealing With Snoring And Restoring Intimacy In Your Relationship

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FREE CHAPTER

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Chapter 5

What Impact Does Snoring Have On The Different Stages of Relationships?

As couples, we share different experiences and have individual expectations during the various stages of our relationships. When snoring is a part of a relationship, it can have such a negative impact that it can stop the relationship from going any further or negate what has been built to date.

Acknowledging that snoring is a problem and then working together so it does not reduce intimacy will mean that there is one less thing to worry about when starting a new romantic relationship or trying to maintain a loving and happy relationship.

Loving relationships are hard to find and are not around every corner so should be cherished and valued. So losing a great relationship because of snoring is a sad and unnecessary waste...especially since snoring does not need to be left unchecked and there are so many remedies available to help the situation.

Let's look at the varying stages of a relationship and the impact that snoring can have on each one of them.

Dating

Since dating is the first stage of a relationship, it is where we get to know each other and decide whether or not we want to take our interest and commitment any further.

Quite often we do not find out that someone snores until well into the relationship. And even then because we are in that early 'everything's rosy' stage, we are more likely to laugh and put it aside as something that we find cute and can accept. But depending on the sensitivities of the partners involved, if someone in the partnership snores to the point of irritation, every other positive trait in the connection two people are forming can quickly fade into oblivion the first time a couple spends the night together. And if not the first night, ongoing loss of sleep from a

snoring partner can quickly turn attraction into irritation and then rejection.

The Internet is filled with blogs from frustrated people who are dating snorers.

“I love my boyfriend, but I dread going to bed every night because as soon as his head hits the pillow, he starts to snore. Loudly. Non-stop.”

How long do you think a dating relationship will last when one of the partners dreads going to bed together? My guess is...not very long. Snoring is already destroying the fabric of their intimacy and connection. But it doesn't have to be that way. The snoree needs to lovingly confront the issue in a no blame way and explain how their partner's snoring is impacting them, and how important it is to work together to find a solution that is comfortable for both of them.

So many people in all stages of relationships don't understand the threat that snoring can be to their intimacy and their relationship. I can't say it strongly enough...“Please take snoring seriously!” If you are a snorer, do something about it before you start dating so it doesn't become an issue or you become too embarrassed about your snoring to commit to a relationship.

Or if you are currently dating, be proactive about the problem and talk to your partner about the impact your snoring is having and then do something about it together. If the first solution you try doesn't work, keep trying until you find one that does. Your relationship is worth it.

If you are a snoree and just began dating a snorer, deal with the issue early because it won't get any better by itself. Just remember that those things you thought cute about your partner early in your relationship often become major irritants later on. And the longer you leave it, the harder it will be to bring up the topic, as you both settle into the relationship and into a pattern of being with each other...once patterns are established, they are hard to break.

This book has been specifically written to help with all issues around snoring...in Chapter 7, I offer some suggestions about how to confront the issue and in Chapter 8, I list a myriad of possible solutions for you to try. If you are dating someone you really care about, don't let his or her snoring destroy any possible future you could have together. Both of you deserve the best from your relationship, and that includes intimacy and happiness.

Marriage or Long-Term Relationship

Intimacy which is a verbal and non-verbal communication that creates a bond that can help couples get through some of the challenges that life can throw their way is a very important dynamic in the success or failure of a long-term relationship or marriage. It is also one of the main reasons that we seek friendships and relationships. But when intimacy begins to break down in a relationship, chasms of separation can begin to form.

If snoring has been a part of your relationship or marriage for a long time, you have both probably developed some deep-set habits that are contrary to experiencing intimacy (e.g. going to bed at different times, sleeping in different rooms, etc.), yet you aren't even aware of the effects that these behaviors are having on your relationship.

In a situation like that, the challenge will be to break the old patterns and decide to do something about the snoring so that you can enjoy the intimacy that can be a part of going to bed together and sleeping comfortably in the same bed.

Yet it is a fact that when snoring enters the picture, a lack of sleep usually follows—either for the snorer who wakes up during the night because of their own snoring, or the snoree who either can't get to sleep or who is often jarred from sleep by the loud sounds coming from the other side of the bed. And when one or both partners are losing sleep, mornings are no longer times for cuddling, but often become times to avoid each other because of the bad moods caused by a lack of sleep and by the end of the day, the effects from lack of sleep have escalated so neither partner is in any mood for snuggling. As 'cuddle times' and 'snuggle times' disappear, feelings of intimacy begin to fade.

Apparently more and more Americans are finding ways to cope with sleeping issues such as snoring by having separate bedrooms. In fact, an article entitled, *To Have, Hold and Cherish, Until Bedtime* which was published in the New York Times in 2007, reported that a survey by the National Association of Home Builders revealed that the architects and builders who were surveyed predicted that "more than 60% of custom homes will have dual master bedrooms by 2015."

The article stated that having separate bedrooms doesn't say "anything about their (the couples) sex lives," but intimacy in a relationship is

about much more than sex. Sleeping together, chatting and cuddling just before sleep or when you first wake up in the morning, are actions that help build feelings of love and connection for couples.

However, when the nights without sleep start piling up, exhaustion and sleep deprivation enter the picture. And at that point intimacy is a thing of the past and anger and frustration are at the forefront.

“My girlfriend snores to the point of being a chainsaw. I have tried sleeping in other rooms in the house, but I still hear her hacking away. I know she cares... (but she) always seems pissed off that we don't sleep together and have not for some time....”

“My partner snores so badly I only get an hour or two sleep every night. He refuses to try to do anything about it....”

These relationships are in trouble. Snoring has already created frustration and irritation, and left alone it will continue to eat away at the fiber of their connection. They may stay together, but it will be a hollow relationship as their intimacy will vanish. Once again, I want to emphasize that it doesn't have to be this way!

Snoring is not a fatal disease that has to be dealt with...it is a curable condition that can be stopped...sometimes by some simple lifestyle changes or easy to use snoring aid.

When couples approach the snoring issue as two people who want the best for each other instead of from a 'blame game' attitude, they can both feel cared about, and their relationship will have the opportunity to get back to the intimacy and feelings of love and attraction that existed in the earlier days of their relationship...and sometimes even better.

Often, however, the snorer feels that they are being 'blamed' for something that they believe they don't have any control over and they act in ways that seem to be unloving or uncaring, which in reality is probably far from how they really feel. Unfortunately, the snoree translates these actions as their partner not caring about them.

“My hubby snores...I can't sleep in the same bed as him...but he doesn't seem to care that his snoring keeps me awake....”

When I hear stories like these, I want to shout out to the world, “Why don't you show that you care about how the person you love feels?!!”. Snoring should not be ignored or taken lightly! It seriously does destroy

relationships! But it doesn't have to!" Solutions are varied and numerous and some are absolutely simple.

So, if you are a snorer... read Chapter 8 for some solutions to help your snoring. The fact that you want to solve the problem will demonstrate to your partner that you care about how they are feeling and that you value your relationship together. And if you are a snoree, keep lovingly confronting and bringing up the issue with your partner (more about this in Chapter 7) while continuing to stress how important your relationship is to you, until the snoring is tolerable and brought under control or completely eliminated.

A good relationship is too precious to let something that can be solved (like snoring) destroy it.

Pregnancy

Women who normally don't snore can begin snoring when they are pregnant...perhaps because of the weight gain or perhaps because they are forced to sleep in different positions during pregnancy.

The positive thing about snoring that is brought on by pregnancy is that it is short term and will most likely go away after the pregnancy. The challenge with snoring during pregnancy is that your relationship is already being strained by the mood swings and lack of sleep that fluctuating hormones and weight gain can create.

In this case, as the understanding and loving snoree, you may want to check out the many solutions that I mention in Chapter 8 and bring home a few to help your wife...like a sleep position pillow or aromatherapy pouch that can be soothing and just might help with the snoring as well.

Marriage And Aging

After years of being married to a non-snorer, one night you might be awakened by this not-so-pleasant noise coming from the mouth of your life partner. (In Chapter 6 I talk more about aging and snoring.) Unfortunately, that's more common than not because as we age (and often put on weight in the process), our muscles and tissues become soft and can cause obstructions in our airways which creates snoring sounds as we sleep. But don't just accept it as a part of getting older.

Our current “older” generations are constantly figuring out how to age gracefully, and dealing with and solving the issue of snoring should be no different. Another plus about dealing with snoring as we get older is that when we are older, we are typically more confident and can easily talk about such issues without worrying about embarrassing ourselves or others

No matter what stage you are at in a relationship, if snoring is a part of it, you can be certain that it is exacting a price. You can ignore it, pretend that your relationship is different, that you can deal and cope with it...whatever reasons or excuses you want to use...but nonetheless, snoring will continue to silently take its toll.

Want to read more?

