

## Snoring

### Market Sentiments

#### Web Search Interest in 1 Year (2010-2011)

Shows general market interest, attention and curiosity online about the topic.

##### Interest over time

[Learn what these numbers mean](#)



#### Regional Interest

Shows general market interest online according to geographical location

##### Regional interest

1.	<a href="#">New Zealand</a>	100
2.	<a href="#">United States</a>	99
3.	<a href="#">Australia</a>	99
4.	<a href="#">South Africa</a>	97
5.	<a href="#">Ireland</a>	82
6.	<a href="#">United Kingdom</a>	82
7.	<a href="#">Canada</a>	77
8.	<a href="#">Singapore</a>	70
9.	<a href="#">United Arab Emirates</a>	69
10.	<a href="#">India</a>	62

Note: All results from Google Insights are normalized. So just because a particular region doesn't appear on the top Regional interest list, it doesn't necessarily mean that the niche isn't popular at all - it just means that the term is more popular in other regions.

## Demographics (data based on mysnoringsolutions.com)

Demographics are the characteristics of a population. In the field of marketing, it is important to define the demographic profile of your target audience. This is to identify target audience in the overall population and to create a clear and complete picture of the characteristics of the target consumer.

The following data tells you the gender, age, children per household, education status, income levels, and other demographic insights of your target audience.



The “index” represents the delivery of a specific audience segment compared to the internet average of 100. Composition, which is represented by the % of audience figure on the left side of the chart, represents the percentage of a property’s total audience that meets a specific demographic criteria.

For example, an index of 100 indicates the target audience is equivalent to the demographic make-up of the total internet population. Any increase over 100 means that the property is “over indexed” and attracts a more concentrated group of a particular demographic group than in the general internet population.



## Psychographics (data based on healthline.com)

In the field of marketing, psychographic variables are any attributes relating to personality, values, attitudes, interests, or lifestyles.

The following data profile shows other topics that the audience is likely to be interested to visit and the affinity indicates how much more likely than average.

An affinity of 10x means that your target audience is ten times likelier to be interested in the topics than the average internet user.

### Audience Also Likes

Updated Oct 2011 • Next: Nov 2011

Data Source: United States Monthly

	Affinity	
Health News & Info	9.1x	<div></div>
Kids	6.0x	<div></div>
Seniors	4.3x	<div></div>
Science/Nature	3.9x	<div></div>
Music/Radio	3.9x	<div></div>
Fashion/Cosmetics	3.2x	<div></div>
Schools/Universities	3.1x	<div></div>
Real Estate	3.1x	<div></div>
Diet & Fitness	3.0x	<div></div>
Nonprofit	3.0x	<div></div>
Pharmacy	3.0x	<div></div>
Baby	2.9x	<div></div>
Discussion/Chat	2.9x	<div></div>
Business News & Info	2.9x	<div></div>
Magazines	2.9x	<div></div>

## **Frequently Asked Questions**

- What is the best stop snoring home remedy?
- How can you reduce snoring in your sleep?
- How can I get my husband to quit snoring?
- How should I deal with a snoring problem?
- What are some simple ways to reduce or stop snoring?
- What is a god way for my parents to stop snoring?
- What is the best way to stop snoring at night when sleeping?
- How do I stop my husband from intense snoring?
- How to stop snoring as I have continued to snore after delivery of my baby?
- How can I get my boyfriend to stop snoring?
- How can I get my dog to stop snoring or at least control it better?
- Why does my dad make loud snoring noises sporadically when he is awake?
- What is the solution for stopping snoring ?
- How to cure or solve the snoring problem during night time?
- How do you manage your partner / spouse who has a habit of snoring making loud noise?
- How do you sleep through a snoring husband?
- What is a good way to start a speech about snoring?
- What medicine can I take to stop snoring?

- What causes snoring and how can it be stopped?
- How can I stop my husband from snoring with waking him?
- What can I do about me getting some sleep with snoring boyfriend?
- What would be a natural home remedy for snoring?
- Why is the sound of snoring so annoying to some and not to others?
- How can I help my boyfriend to stop snoring?
- What's the most effective way to stop or reduce snoring?
- How to stop Snoring, and the sound any medication?
- What surgeries could I possibly have received for snoring?
- How to keep my housemates from being bothered by my snoring?
- Can snoring start when you are half asleep or not in deep sleep?
- Is there connection between snoring and nasal congestion?
- What are the most effective products for snoring?
- How can I help my husband stop snoring?
- Is it okay to kick someone who is snoring?
- What kind of vitamins supplement would help reduce snoring?
- How to stop snoring that is caused by drinking alcohol?
- What can I do to make my husband stop snoring?
- Is a mouth retainer an effective way to stop snoring?
- Anti snoring pillow, snoring remedies that work?



- Are there any natural solutions that can help my husband snoring?
- How do I get used to people snoring?
- What is the good method to stop snoring?
- How do I sell an idea to help people stop snoring?
- Did anyone else start snoring late in pregnancy?
- How can I get my friend to stop snoring without making him go to the doctor ?
- Are there any ways to stop myself from snoring?

## **Problems & Frustrations**

- **Underwent treatment but still having problems**

Last year I underwent an operation to free my nose from hypertrophic turbinate: I've already related how this operation led to all other kind of problems so I'll skip that part and get to the point. The point of this operation was to improve breathing, especially during physical activity, and help me stop snoring (I do not snore very single night but often nonetheless). The problem is that it failed on both accounts. I do not breath any better and I snore as much as before. I had two other optical fibers inspection ever since and the otorinolaringologist confirmed that the operation was a success since the turbinate have remained the size they are supposed to be and the nose cavity has the 4mm passage it should have in an healthy adult. He speculated that I may have a rhinomotorial rhinitis (I hope I got this right). Good news is it's absolutely harmless, bad news is the causes are unknown and there's no known cure. Some patients responded to a corticoid-based therapy but he strongly advised against it, jokingly telling me my only hope is to "go to Lourdes and inhale some holy water". My nose sometimes hurt quite a lot and I can clearly feel the turbinate inside expanding and contracting. I have a closed nose one minute and after a few minutes it's gone. The only allergies I have are food related and since this happens at random I am completely at loss. Anybody have any experience in this? Thanks a lot.

- **Snoring problems due to weight**

I'm a fairly fatty guy. And I've been losing a lot of weight lately and slowly my snoring has been going away, but it's still actually really bad. I'm still losing weight... I don't know what else to do. Do nasal strips work? :\ Surgery costs too much... I don't have health insurance.

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I have a loud snore partially because I'm overweight. I live in my own room. There are seven rooms for seven people (The owner has a special permit). I'm worried that my



snoring will bother other people especially the people next to me. The walls between the rooms aren't thick. Any suggestions?

- **Long time problem with snoring**

I have had problems my whole life with snoring, and was wondering if anyone had suggestions for the best stop snoring home remedy. It's really been bothering me recently, and I want it to stop already! Any help would be appreciated.

- **Having problems sleeping with a snorer**

My brother is sleeping right now and is snoring louder than a donkey. Recently he's been asking me if he snores too loud. What causes snoring and how can you prevent it? I am already a light sleeper and he is always snoring when he sleeps.. it's hard for me to go to sleep peacefully..what actually works to make him quit snoring?

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My husband snores so bad that he keeps me awake at night. I've had to resort to sleeping in separate rooms because I need to work in the day and sleep is real important to me. "He already uses breathe right strips with absolutely no relief and we have tried different body positions while sleeping with no avail. Does anyone know if there's anything I can do to help him stop snoring and so I can finally get some sleep?

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We just moved in together and he doesn't let me sleep cause of his snoring. I've tried waking him up, have him lay on his side, I've even hit him sometimes (out of frustration) but it doesn't work. He has asthma, so could that be the reason why he snores so much?

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"My husband recently snoring loudly while he is sleeping. This causes me can't sleep well during night time. Is there anybody call tell me how to solve and cure this snoring problem?

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My boyfriend recently started snoring a lot. It seems like it only happened when he sleeps on his back, but it's getting to the point to where he keeps me up at night. I'm wondering what causes snoring. I would also like to know if anyone has any home remedies that might reduce it (and if you don't, just let me know what medications, nose strips, etc worked for you).

I've tried tapping him- but it wakes him- and the snoring only stops temporarily. I've tried pinching his nose, kicking his foot, tickling him. The snoring doesn't wake me out of my sleep, but if I'm not asleep yet it keeps me up.

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My 31 year old boyfriend snores like a pig and it is not doing our relationship any favours! He had his nose broken a few years back which may not help but his snoring is getting louder and louder. Does anyone have any ideas on what kind of treatments we can get from a chemist or any advice on how to quieten him down?!

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I am so tired of being woken up every hour or so to my husband snoring in my ear or my face. He says it's because he has a cold, but he snores much more often than he doesn't. He snores regardless of what position he lies in (on his side, back, stomach). He's 24, a little overweight but not obese, and doesn't drink or take any medications. Any suggestions?

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My fiancé has had to sleep on the sofa a couple of nights because my snoring has gotten so bad in the last week. I'm 39 weeks as of Friday. He says that he tries to nudge me, but it just keeps going. I have even woken myself up a couple of times. I usually don't snore. He said that even though he grew up with three brothers and lived with male roommates in

college, he has never heard snoring like this - it is rather embarrassing. Has anyone else experienced this?

- **Want to know what helps reduce snoring**

I do snore- but I wake myself up when I snore(my own snoring noise wakes me before it wakes him.) I've learned to adjust my pillow so that my airway is more open- then I do not snore. Besides ginger, what other dietary supplements or change in life style might help reduce snoring?

- **Sleep Apnea**

When I was young (11 years old), I received a surgery for snoring. I don't know the details of what type of surgery I could have received. What are some possible surgeries I could have received for snoring? I don't this surgery is effective because I still snore, I have sleep apnea. I don't know if I had sleep apnea when I was 11 or if it was just snoring. For certain, I have sleep apnea now.

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I have sleep apnea, and it is really annoy for my partner, and I don't know what to do? I already tried to use over the counter stop snoring spray, but it did not work. Please give me good advice, thanks a lot.