

YOUR SNORING IS DRIVING ME CRAZY!

Here are a few quick things you can do to stop:

1. Lose some weight.
2. Sleep on your side, not your back
3. No alcohol or snacks before bedtime
4. If you smoke, stop!
5. Go in the other room or sleep on the couch



Also, if you REALLY want to stop snoring, save our relationship and have a good laugh, then buy this book today!

It is full of remedies that work and comic relief.

www.snorebook.com