

Avoiding Nasal Congestion

Nasal congestion is very frustrating! You have to open your mouth just to breathe. Sometimes the congestion is so bad that you can't sleep because you feel like you wouldn't be able to breathe at all.

Infants with nasal congestion have an especially difficult time. Breastfeeding can be an ordeal. When a mother breastfeeds her child, frequently the baby's nose is pressed up against her breast. If the child is already congested and having a hard time breathing through her nose, the situation could be downright dangerous.

Luckily, there are several steps that you can take to avoid nasal congestion.

1. If you don't get the proper sleep you'll have a tendency to get nasal congestion. In order to avoid that, always get your full eight hours of sleep. If you are exhausted from too much work, taking a nap or even a few minutes of rest can help. If you work out of your home, you are in an ideal position to take breaks. You're your own boss, don't overwork yourself.
2. Snoring is another factor that can cause nasal congestion. Snoring causes the epithelial tissues to be damaged. Nasal congestion will result. Ask someone in your household to wake you if you snore so that you don't end up with congestion.
3. Sleep apnea is a condition where you stop breathing for short periods of time during your sleep. This also can cause nasal congestion. If you have chronic nasal congestion, this may be a cause.
4. Dust can be irritating to the mucus membranes. Sleeping in a clean house can help you sleep better. The furniture in your home should be clear of dust.
5. Food allergies can cause nasal congestion as well. How? The tissue inside your nose (the mucus membrane) is connected to a lot of blood vessels. Food allergies can cause swelling in your body. The expansion of the blood vessels in your nose and throat can cause nasal congestion. This sort of reaction usually occurs about an hour after eating. It can last for several hours. Know which foods trigger your allergies.

Nasal congestion can be quite dangerous. It might even be life-threatening. Don't wait until you're congested # make these simple lifestyle changes now. There's no reason you have to struggle with nasal congestion any longer!