



# I can't sleep because of my partner's snoring. Any suggestions?

March 19, 2019 By [Lucinda K. Porter RN](#)

---

The healthiest option is for your partner to talk to his/her doctor to address snoring-related problems, such as sleep apnea. Sleep apnea is a potentially serious condition associated with increased risk of heart disease, car accidents and other problems.

In the meantime, try wearing earplugs and/or sleeping with pink or white noise in the background. There are various phone apps you can use to experiment with background noises.

A sleep-deprived partner isn't healthy or sexy, so some couples find that sleeping in separate bedrooms is the best solution. To learn more about sleep health, check out tips from the [National Sleep Foundation](#).

---

© 2026 Smart + Strong All Rights Reserved.

<http://beta.docker.poz.com/article/sleep-partners-snoring-suggestions>