

Neti Pot For Congested Nose

== Background ==
Nasal congestion can interfere with hearing and speech. Significant congestion may interfere with sleep, cause snoring, and can be associated with sleep apnea or upper airway resistance syndrome. In children, nasal congestion from enlarged adenoids has caused chronic sleep apnea with insufficient oxygen levels and hypoxia. The problem usually resolves after surgery to remove the adenoids and tonsils; however, the problem often relapses later in life due to craniofacial alterations from chronic nasal congestion. In about 85% of cases, nasal congestion leads to mouth breathing rather than nasal breathing. According to Jason Turowski, MD of the Cleveland Clinic, "we are designed to breathe through our noses from birth—it's the way humans have evolved." This is referred to as "obligate nasal breathing".

Nasal congestion
Nasal congestion is the partial or complete blockage of nasal passages, leading to impaired nasal breathing, usually due to membranes lining the nose becoming swollen from inflammation of blood vessels, or an excess of mucus in the sinuses caused by illnesses like the common cold. through the use of a humidifier, warm showers, drinking fluids, using a neti pot, using a nasal saline spray, and sleeping with one's head elevated

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