

Snoring the night away

Dear Annie: Before marriage, I slept well every night. Since I've been married and my husband and I shared a home together for the first time, my sleep has suffered. The main culprit is my husband's snoring.

When he snores at night, I wake up so often to poke him or tell him to change positions that we both wake up tired and resentful in the morning. At times, he has slept on the couch, but his own sleep suffered during those times, and I felt guilty. When we sleep together, I have to take sleeping pills just to be able to fall back to sleep. I spent last night on the couch myself just so I could catch some uninterrupted sleep.

The problem is that he gets sensitive about it when I bring it up, and he also is sad when I leave the room to go sleep elsewhere. It feels as if I have to either keep my mouth shut and suffer to avoid offending him or do what I need to do to sleep but risk having a sad husband on my hands. I just want us to have a "normal" marriage bed.

Dear Annie



By **Annie Lane**

Creators Syndicate Inc.

What do I do? I am tired all of the time. — *Losing Sleep*

Dear Losing: You're not alone. Thirteen percent of couples who live together sleep in separate beds every night, and half of them do so because of snoring. I assume, seeing as you're writing to me, that your husband has tried all the usual tips — breathing strips, propping his upper body and head up with pillows, sleeping on his side, etc. If that's the case, his doctor should refer him to a sleep specialist. He may suffer from sleep apnea or another sleep disorder.

Dear Annie: What is going on with customer service? Every time I go to my bank, which is not a lot, the teller

wants to know the details of how I spent my weekend. Or if I cash a check, one teller asks me what I am going to spend the money on, saying, "Hopefully something good." Now when I give them a check to be cashed, I stand 2 feet away from the window so the teller can't ask me any questions. When I got my oil changed at my car dealership, the strange man working there asked me what my plans for the day were. Are they kidding? This is so intrusive! First, they don't really care, and second, it's none of their business. How can I possibly tell them this in a not-so-smart-alecky way? — *J.W.*

Dear J.W.: Yes, you are right that not everyone who asks how you're doing or what your plans are actually cares what the answer is. But this type of person cares about at least trying to reach out and make you feel appreciated. In a world that is increasingly impersonal and digital, there's a lot to be said for good old-fashioned face-to-face contact.

Tomorrow's horoscope

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19). You don't have to spend money to be happy, though when you're out and about it will certainly feel this way. That only means that the marketers are doing their job.

TAURUS (April 20-May 20). Overnight transformations are the stuff of fairy tales. Reality follows the slow-growth model of striving each day for a small improvement. In four weeks you'll look back and be impressed by how much you've changed.

GEMINI (May 21-June 21). It may seem that resisting temptation is only making it harder to resist temptation. However, if you persist, there will come a time in which this trend reverses, and you'll no longer want what's bad for you.

CANCER (June 22-July 22). Half-full, half-empty — if the glass has anything in it at all, it's serving the purpose it was made for. Perhaps we don't need to judge it with such precision. Perhaps we only need to drink.

LEO (July 23-Aug. 22). There's so much that's going right for you today. Then there's this little section of, well — what doesn't get better by chance might get better with a concerted effort. And even if it doesn't, at least you can say you tried.

VIRGO (Aug. 23-Sept. 22). Your even mood makes this an ideal time to do some emotional planning. Make a list of all the things that could possibly help, should you fall into an emotional rut. If you happen to run into trouble later, you'll be ready.

LIBRA (Sept. 23-Oct. 23). The next step is just like the last step. It's going to go on like this for a while. You're used to it by now. Maybe you're even deciding that you love it. The end of the day will bring a mild twist — some-

thing wonderful to ponder.

SCORPIO (Oct. 24-Nov. 21). On a mystical level, it's intriguing how you can focus yourself in a certain way and then suddenly it's all you can see. On a practical level, the self-fulfilling prophecy phenomenon is all too real. It's something you'll experience and control today.

SAGITTARIUS (Nov. 22-Dec. 21). What you used to be afraid of is now old hat: Slap it on; look great; no problem. You'll help another through a fear today — very real, and very silly, too.

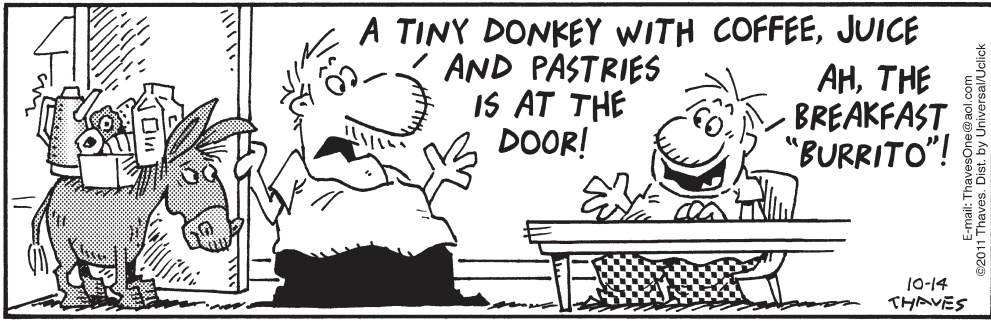
CAPRICORN (Dec. 22-Jan. 19). When others start looking to you, talking to you, asking you for advice, it can be very intoxicating to the ego at the beginning. The only way to counter this is to do something intentionally humbling.

AQUARIUS (Jan. 20-Feb. 18). You hope that some people will forget you, others will remember you with a stinging poignancy and, in the case of tonight, others will merely remember to give you your food, your money or both.

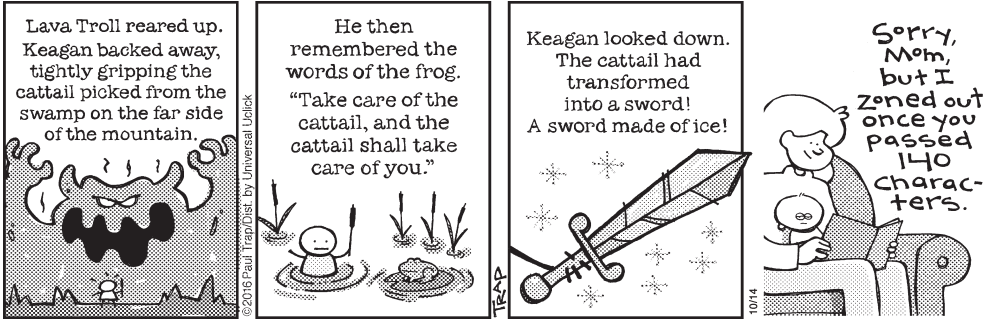
PISCES (Feb. 19-March 20). Even the best baseball players find it hard to hit a curveball. Most would agree, though, that the best way to know what's going to come at you is to study the pitcher.

SATURDAY'S BIRTHDAY (Oct. 15). The mechanics of things can oft interfere with the reality of them. It's why you'll take extra care this year to bring the technical aspects into harmony with the real world effects. Success in this endeavor will affect every part of your life. Your relationships will sing high octaves and your finances will provide the bass notes. Cancer and Leo adore you. Your lucky numbers are: 9, 40, 22, 31 and 9.

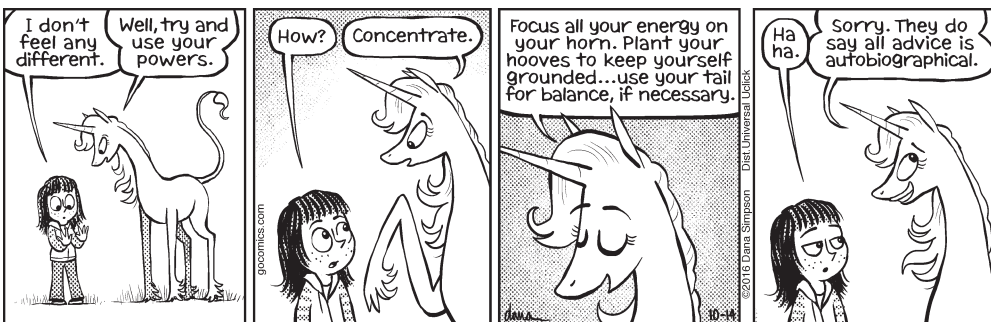
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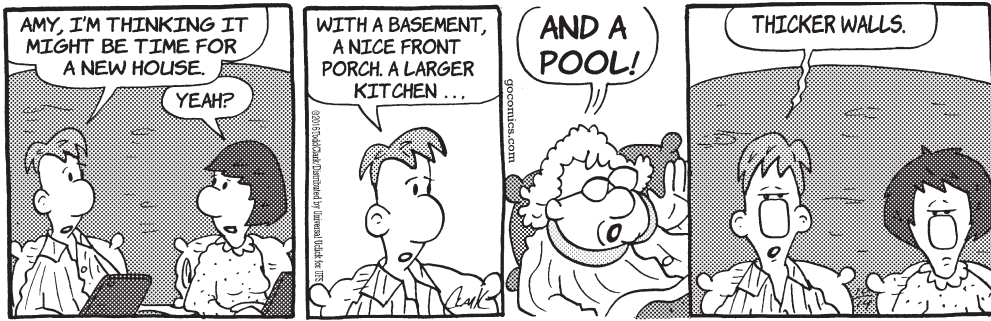
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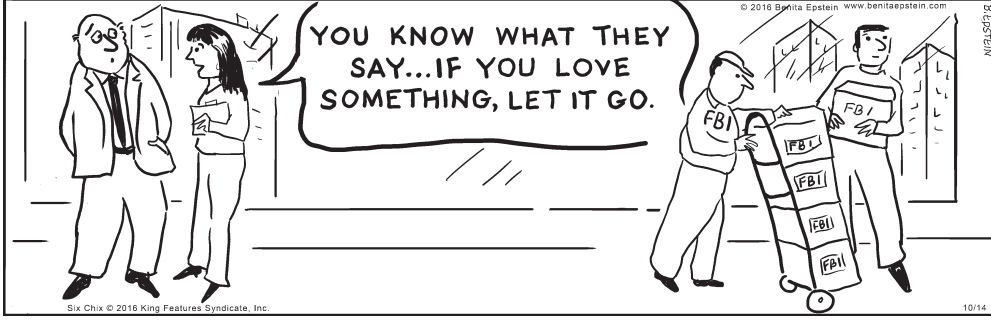
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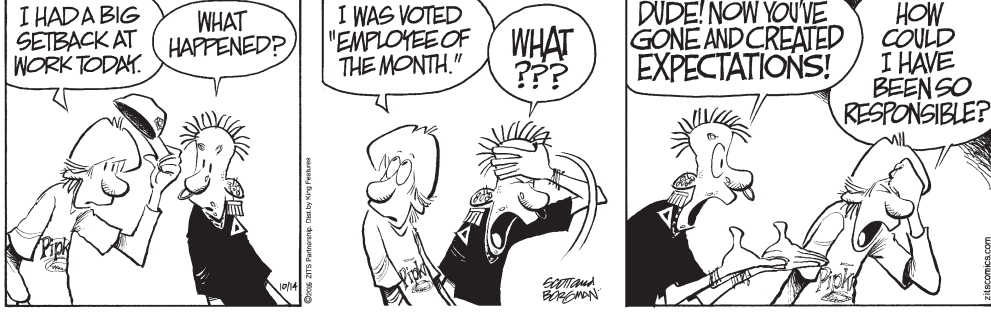
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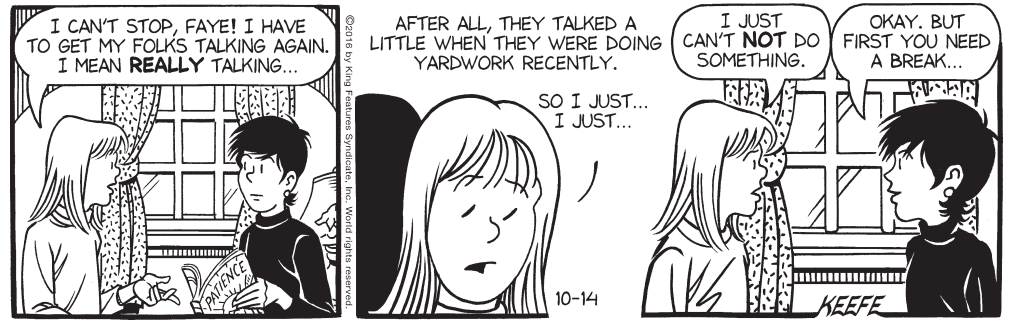
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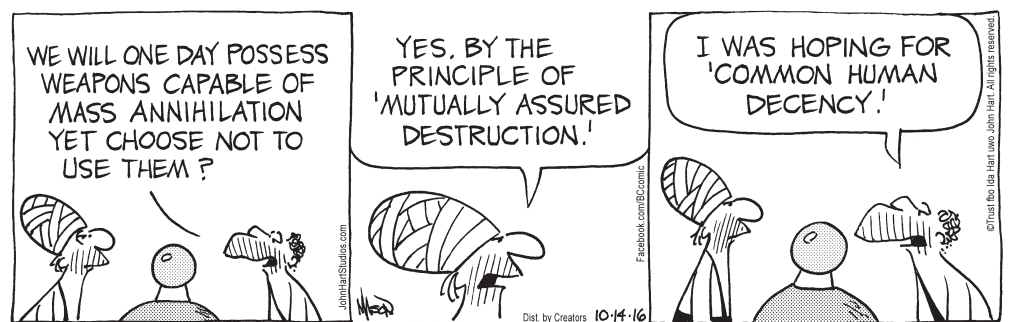
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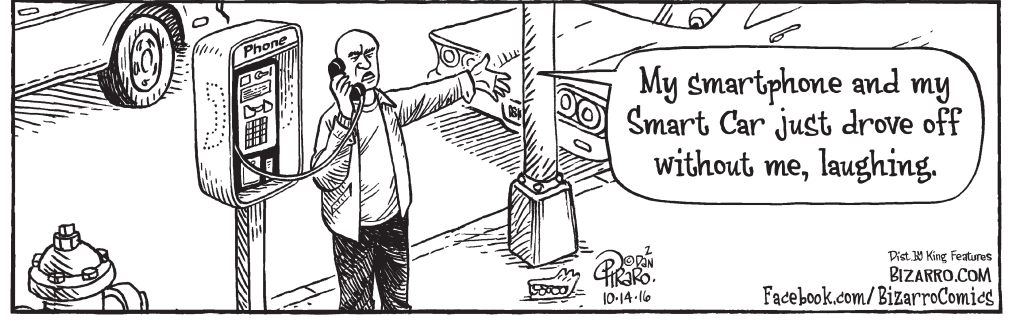
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