

Seeking solutions for snoring

Dear Annie: I used to get by on six hours of sleep a night, but as I've gotten older, I really like to sleep for a full eight or nine hours every night. But the problem is that it is not always easy to sleep that long, especially if I am snoring a lot.

I snore so loudly that my wife sometimes asks me to sleep on the couch, or she will sleep there herself. But even if I am alone, my snoring is so bad that sometimes it wakes me up. I know that sounds funny, but it's true.

I am really looking for any suggestions you have for more restful sleep. I do know that when I try to get by on less than eight hours of sleep, I am much more susceptible to colds and the flu. When I manage to sleep eight or nine hours a night, I always feel much better and almost never get sick.

My wife would also appreciate your help with this. She knows I can't control the snoring, but her patience is wearing thin. — *Snoring in Slumberland*

Dear Snoring: Everyone has a favorite "stop snoring" remedy. Ask around and you're likely to

hear dozens: Take a hot shower before bedtime; use a saline rinse to clear the nasal passages; don't drink alcohol; lose weight; tape tennis balls to your back so you sleep on your side, etc.

All of those are worth trying, but the best thing for you to do is visit your doctor. He or she can review your symptoms and refer you to a sleep specialist for evaluation, as it's possible you're suffering from sleep apnea. Sleep apnea not only deprives you of those wonderful full-slumber nights but also is incredibly dangerous if left untreated. For your health and the health of your marriage, it's important to put this problem to bed as soon as possible.

Dear Annie: After reading the letter from "Confused Young Life in California," the young man who is incarcerated, I am begging you to please stop telling millennials, "You can still be whoever you want." This is how we parents have messed up our children. We have told them all their lives that they can do whatever they want to do in life if they simply work hard enough. It is just not true, and intel-

lectually, you know that. We all do.

This is particularly true for someone coming out of prison. Such a person has the deck stacked against him because he is a former criminal. Period.

This young man needs to hear the unvarnished truth. He can still become a contributing member of society. But because of his actions, he most likely will not be able to be whoever he wants to be.

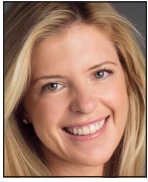
Words of encouragement are powerful, but they need to be used in a realistic way. Before this young man can achieve a meaningful life, he needs to have an arsenal of truth. — *DBS*

Dear DBS: Notice that I said this young man can be "whoever," not "whatever," he wants — a matter of heart, not aptitude.

Every morning, we open our eyes and get to decide what type of person we want to be that day. What I want is for this young man to see that there's a light within him just waiting to shine.

But to your point: Yes, it's important to have realistic goals. But it's just as important to have improbable, idealistic, get-laughed-out-of-the-room goals. Planning for the worst doesn't mean you have to stop hoping for the best.

DEAR ANNIE



Annie Lane
Creators
Syndicate Inc.

TOMORROW'S HOROSCOPE

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19). Once you strip away the chaff of familiarity and look at your daily life the way an outsider might, there's a real potential to do interesting work and maybe even to elevate the ordinary to the level of art.

TAURUS (April 20-May 20). You know the right thing to say. You could tell people what they wanted to hear, no sweat. But it's too easy, and it creates such a mild, forgettable impression. That's why you'll dare to add a dash more honesty.

GEMINI (May 21-June 21). When you know you're being accepted you can let go, have fun and be happy. It's the same with everyone, and it's why your tolerant, accepting attitude is actually helping the world to be a happier place.

CANCER (June 22-July 22). In this boat of humanity on the rough seas of life, everyone must row with the oar he has. Drop your oar? Paddle with your hand. All efforts are needed now, yours especially. **LEO (July 23-Aug. 22).** One thing you don't need to worry about is what to say. Say little and do much and you'll be a wonderful surprise to someone, you'll earn the trust of many, you'll make an excellent impression on all.

VIRGO (Aug. 23-Sept. 22). The gamblers know that even when you trust the other players, you cut the cards. You're safe here. The precautions of protection may be merely ritualistic at this point, and that makes them more important, not less.

LIBRA (Sept. 23-Oct. 23). It's always prudent to know about procedures, standards and guidelines before going into a situation, but if you don't know them, seek a young

teacher to show you the rules, or an old one to show you the exceptions.

SCORPIO (Oct. 24-Nov. 21). You're a person of principle, which is way better than being an impulsive slave to immediate gratification. However, before you go to battle for an idea, make sure you're absolutely clear on what the idea really is.

SAGITTARIUS (Nov. 22-Dec. 21). Jealousy is information your subconscious mind gives to clue you into what you really want. Envy is rocket fuel. Don't waste it by pointing it in any direction away from you. Put it back in your own tank and aim yourself well.

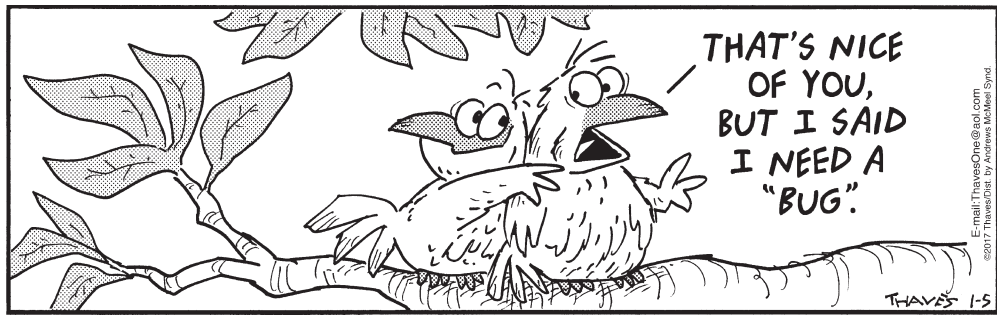
CAPRICORN (Dec. 22-Jan. 19). As for stirring up controversy — anyone can accidentally flub and say something silly or unintentionally offensive. It takes a pro to do this deliberately.

AQUARIUS (Jan. 20-Feb. 18). Unfortunately, a lot of people are more concerned with who gets the credit than they are with getting things done. So, let them have the credit. It's worth it if they get out of the way of your progress.

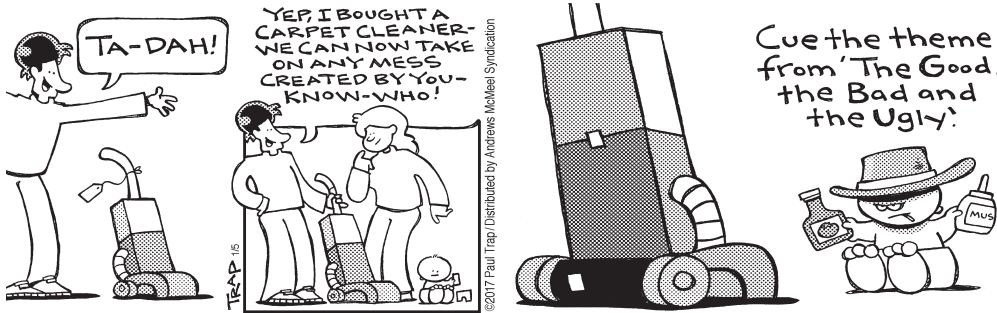
PISCES (Feb. 19-March 20). The rag that gets the floor clean becomes quite dirty, and so it goes. Perhaps you can't really make the mess go away, but you can organize it in a manner that makes it much more pleasing to experience.

TOMORROW'S BIRTHDAY (Jan. 6). The goal is more vivid than it's ever been for you, and you have the sense that this year the universe is on your side. While working in collaboration with powerful forces, the less you do the better. Leo and Aries adore you. Your lucky numbers are: 15, 42, 26, 7 and 9.

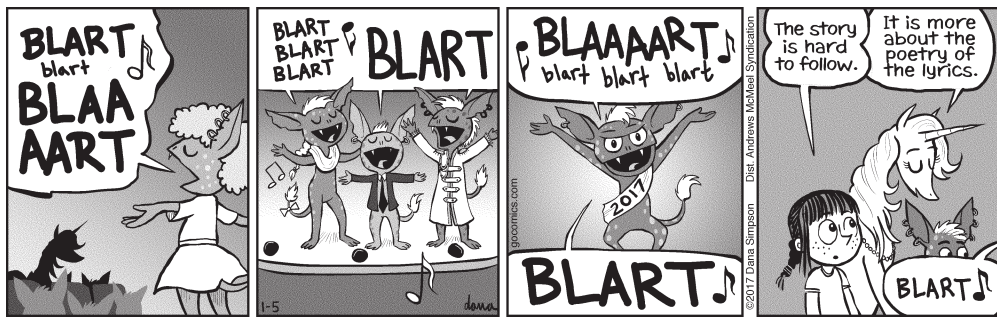
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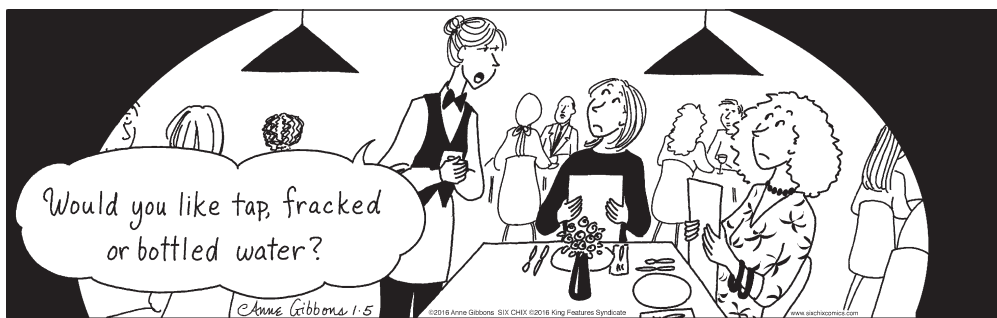
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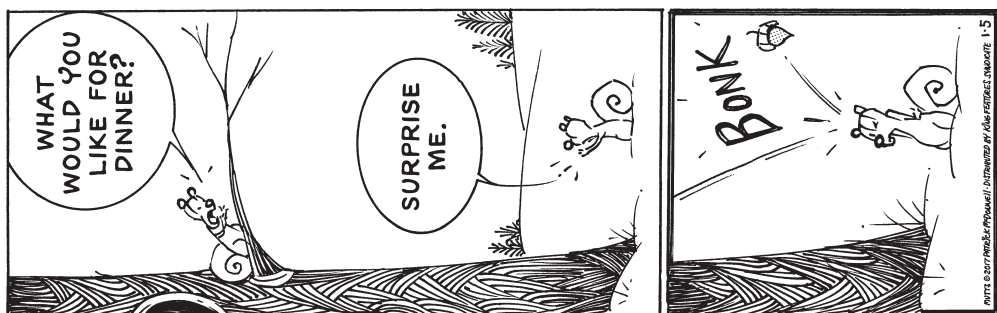
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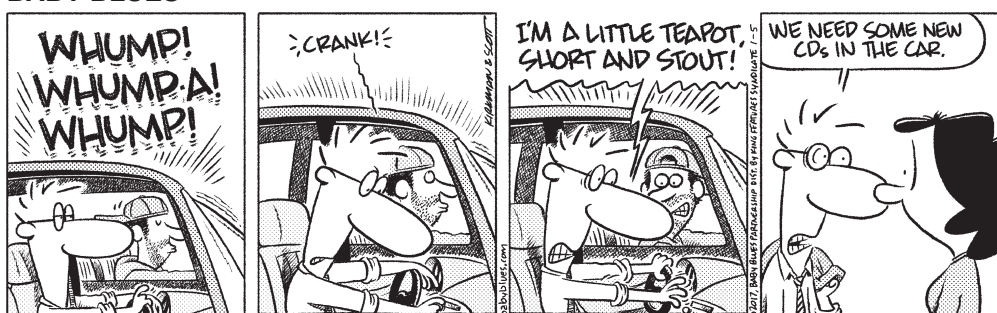
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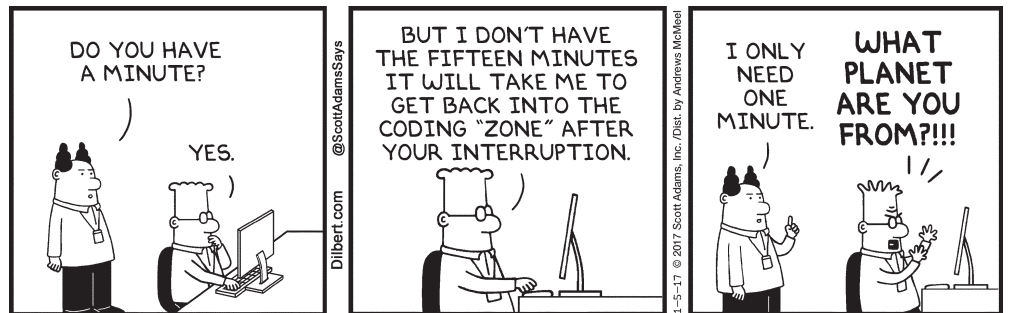
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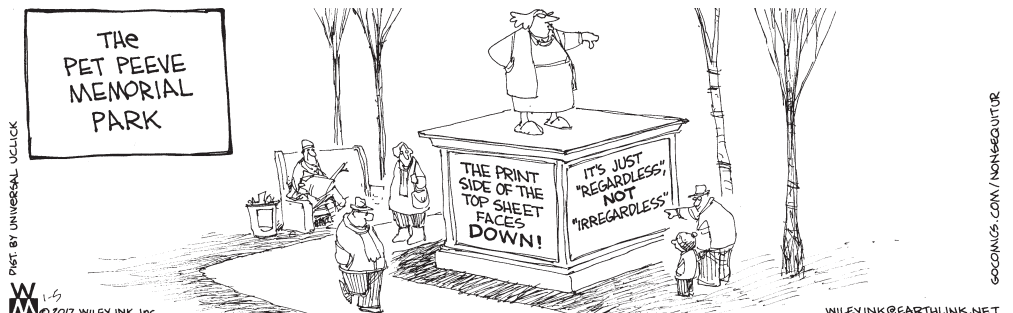
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