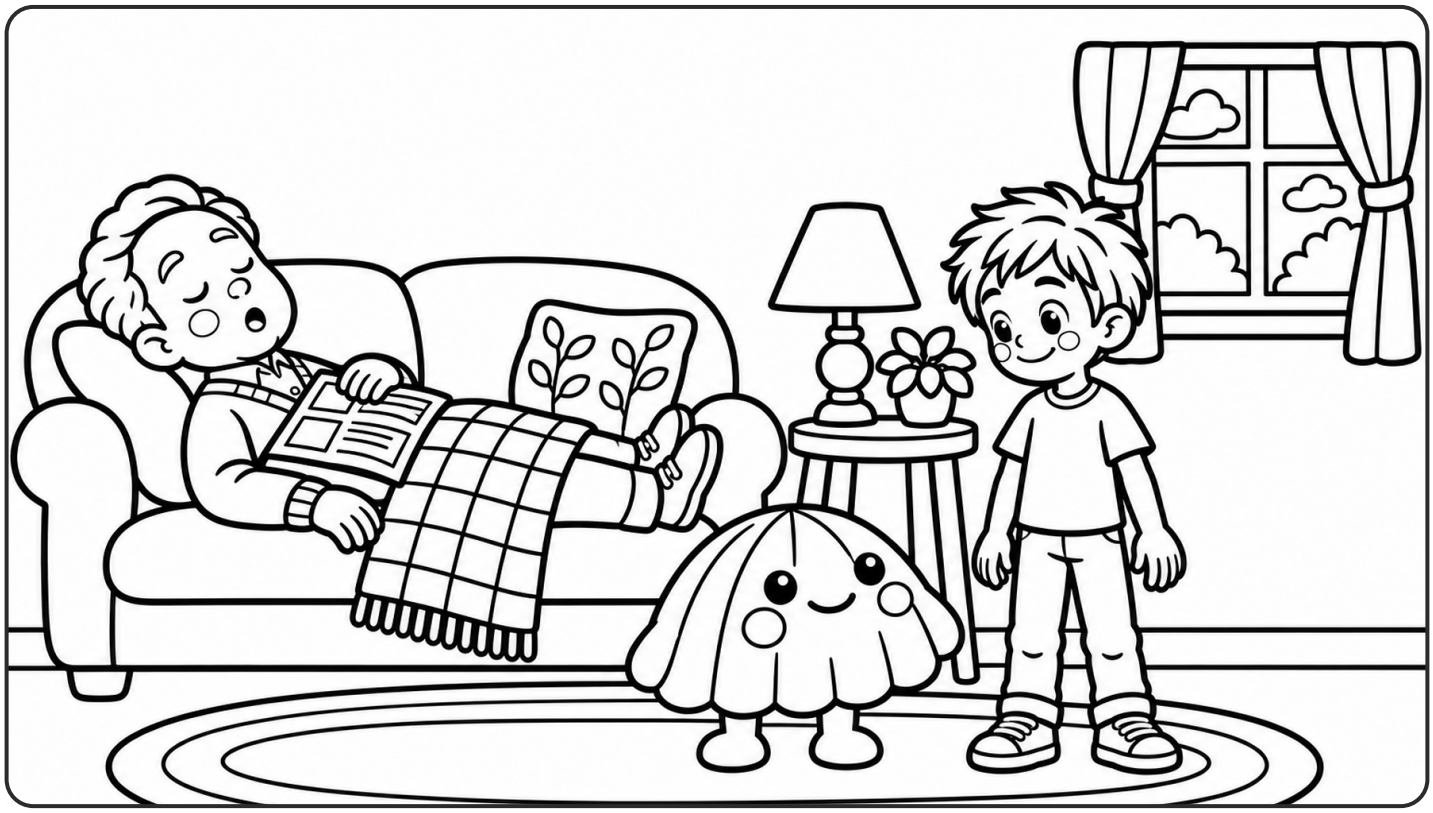
Name: _____

Why do people snore?

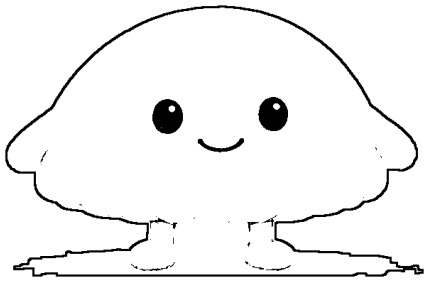
Grandpa is making a funny noise in his sleep. Why do people snore?



Why?

1. **The air road**
   When you breathe, air travels in through your nose and mouth, and down your throat.
2. **Sleepy time**
   When you fall asleep, the parts along the air road relax. And that makes the air road narrower.
3. **A stuffy nose**
   A blocked or narrow nose can make snoring more likely. Even kids can snore for a few days or weeks when they have a cold.

Color Dia too!



Try it! Flutter a paper strip

You need: a strip of paper

1. Hold a strip of paper in front of your mouth.
2. Blow, and watch it flutter!

What happened? Moving air makes soft things flutter, like in a snore.

Video + more questions:
whywhywhykids.com/snore

scan with a grown-up