

Forum:[Hack Forums](#)

Thread: [Clearing Sinus?](#)

Renowned - February 23, 2018, 1:53 pm

Anyone know a decent way to clear my sinuses? I feel like every time I try to sleep, I get a blocked nose. But throughout the day, my breathing is absolutely fine.

Charger - February 23, 2018, 1:54 pm

Take Mucinex (or the generic) and gargle room temperature salt water.

H??????a X™ - February 23, 2018, 1:55 pm

If it happens when you're trying to sleep. Maybe prop your pillow up and give your nose another angle, though you might have to seek medical assistance or get checked out and see what the issue is. Could be so many things.

SysAdmin - February 23, 2018, 1:55 pm

(Feb 23, 2018 02:54 PM)Charger Wrote: [\[CITE\]](#) Take Mucinex (or the generic) and gargle room temperature salt water.

Inhaling the steam from boiling salt water also works very well.

spradebassen - February 23, 2018, 1:55 pm

don't lay on your sides, try on the stomach or back

dont know if it helps

Renowned - February 23, 2018, 1:56 pm

(Feb 23, 2018 02:55 PM)H??????a X™ Wrote: [\[CITE\]](#) If it happens when you're trying to sleep. Maybe prop your pillow up and give your nose another angle, though you might have to seek medical assistance or get checked out and see what the issue is. Could be so many things.

That's the thing, moving to different angles helps for a while then it'll just become blocked again. I've done a little research on it and some people say it can be cartilage swelling or something of that nature. However, I'm hoping it's just a sinus issue.

H??????a X™ - February 23, 2018, 2:01 pm

(Feb 23, 2018 02:56 PM)Renowned Wrote: [\[CITE\]](#) That's the thing, moving to different angles helps for a while then it'll just become blocked again. I've done a little research on it and some people say it can be cartilage swelling or something of that nature. However, I'm hoping it's just a sinus issue.

I see, well only one way to make sure since I'm pretty sure no one is a DR on here.

Renowned - February 23, 2018, 2:05 pm

(Feb 23, 2018 03:01 PM)H??????a X™ Wrote: [\[CITE\]](#) I see, well only one way to make sure since I'm pretty sure no one is a DR on here.

I suppose. Was just seeing if anyone had any home medical advice. Some families have their own little secrets when it comes to self medicating.

Tat Tvam Asi - February 23, 2018, 3:01 pm

Get a neti pot.

It will be your best nose buddy ever.

Feels amazing afterwards and clears better than anything else.

/Thread