

The Snore-Free Nights Storybook

A hilarious Indian family adventure where comedy meets science to silence snores forever!



Packed with
laughter +
proven snore
hacks

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PREFACE

Snoring is one of those problems people laugh about in the day... but cry about at night. It shakes homes, disturbs sleep, and leaves families exhausted. Yet, for most, the solutions remain hidden in boring medical leaflets or expensive clinics.

This book takes a different route. Through the hilarious misadventures of one Indian family, you'll discover the real science of snoring, wrapped in comedy, colorful characters, and everyday experiments. What begins as sleepless nights caused by Papa Sharma's "Snorezilla" soon turns into an epic journey of laughter, learning, and—finally—peaceful sleep.

Few know the complete picture of how to actually stop snoring. But here, the Sharmas uncover every secret, every trick, and every remedy in the most unexpected ways. Their story may be funny, but their victory is real—and it might just change your nights too.

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Dedication

This book is dedicated to...

- Every tired spouse who has elbowed their partner at 2 a.m. and whispered, "Please stop!"
- Every child who has wondered if Papa's snores were a tractor, a train, or a wild animal in the room.
- Every dog who has abandoned the bed in search of quieter pastures.
- And most importantly—to all families who believe that love, laughter, and a little science can solve even the noisiest of problems.

May your nights be peaceful, your mornings be bright, and may Snorezilla never return to your home again.

Chapters at a Glance

1. **The Earthquake in the Bedroom** – Meet Snorezilla, the monster that shakes a whole house at night.
2. **Operation Nose Rescue** – From nasal sprays to onions, a family’s desperate nose-clearing mission.
3. **The Pillow Tower Experiment** – Can pillows save the night, or just bury Papa alive?
4. **The Snore Gadget Parade** – When science meets comedy: nasal clips, chin straps, and CPAP cosplay.
5. **Snore Bootcamp** – Papa joins “tongue push-up” training and karaoke drills for a snore-free throat.
6. **The Belly vs. Snore Battle** – Jalebis, samosas, and belly fat take center stage in this noisy war.
7. **Attack of the Air Invaders** – Dust bunnies, pollen clouds, and sneezing chaos reveal hidden snore villains.
8. **The Great Throat Showdown** – Rock concerts, gargles, and didgeridoo disasters in the fight against floppy throats.
9. **The Side-Sleeping Saga** – Side-sleeping vs. stubborn roti rolls: gravity has a say in the snore game.
10. **The Sleep Monster Show (Sleep Apnea)** – When snores turn dangerous, the real “monster” is unmasked.
11. **The Final Snore Showdown** – All hacks unite as Papa becomes the Snore-Free Hero at last.
12. **Epilogue & Toolkit** – 10 Snore-Free Commandments to keep victory alive every night.

Acknowledgments

First, a big thank you to **Doctor Snoozer**—our fictional but fabulous guide, who somehow made nasal sprays, CPAP machines, and tongue push-ups sound like a stand-up comedy show.

To the **Sharma family**—Papa, Mama, Riya, Aarav, and of course Bubbles the dog—for showing us that even snoring can turn into a family adventure (and misadventure).

To **science**, for providing the real answers hidden behind the laughter.

To **jalebis, samosas, and laddoos**, for being both the enemy and the inspiration in the Belly vs. Snore Battle.

And finally, to **you, the reader**—thank you for picking up this book, laughing with us, and taking the first step toward a quieter, healthier, happier home. May your nights be peaceful and your dreams uninterrupted.

Foreword

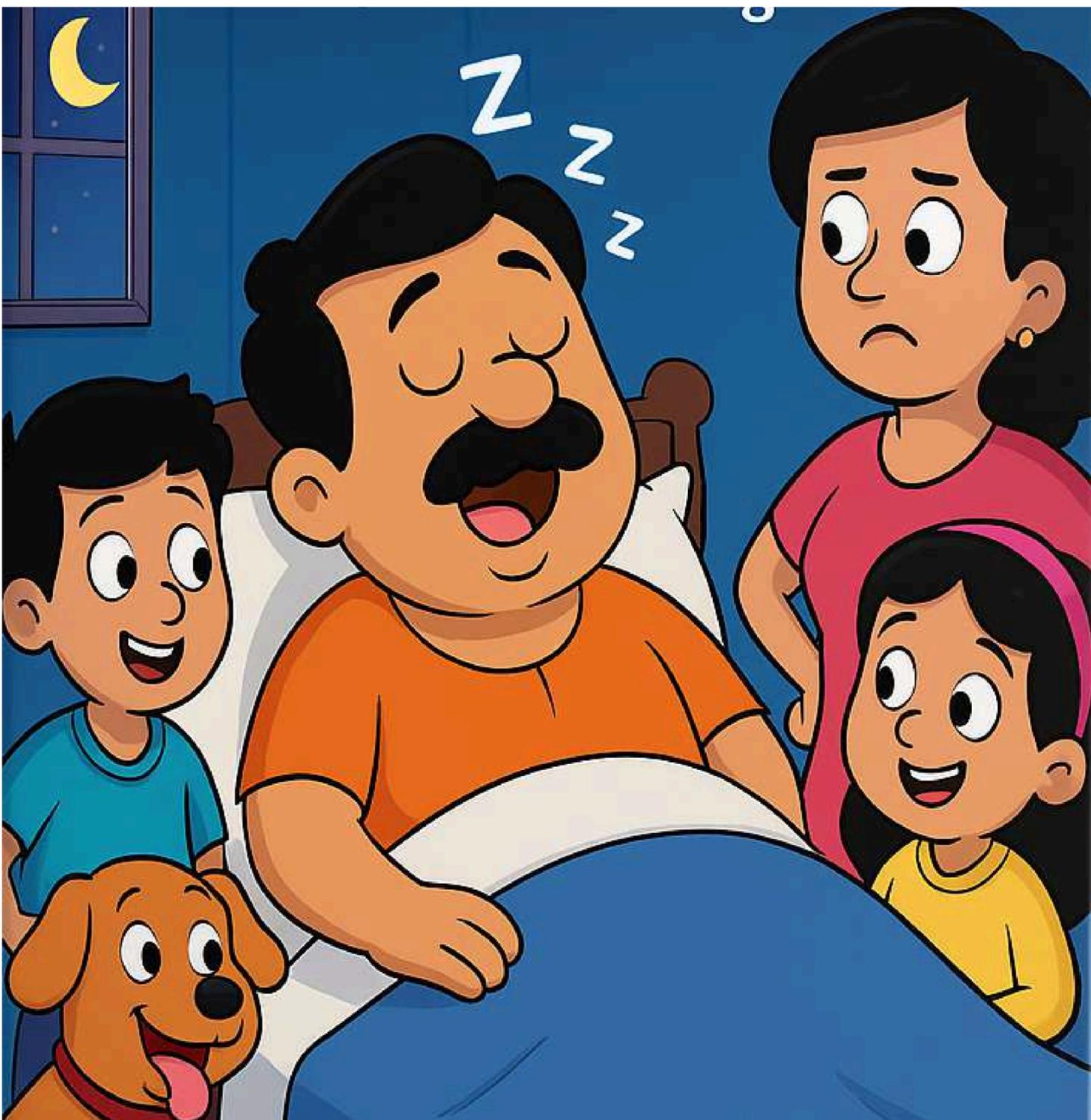
Snoring. It's one of those problems we joke about in families, but secretly, it causes frustration, sleepless nights, and sometimes even serious health risks. In India—and around the world—countless homes quietly suffer through it, treating it as “normal,” when in reality, it's a sign we shouldn't ignore.

Most guides on snoring are either too technical, filled with medical jargon, or so dry that no one wants to read them. That's why this book is different. Instead of lectures, it gives you a **story**—the hilarious, heartfelt journey of one Indian family battling “Snorezilla.” Through their trials and comic errors, you'll discover the real science behind snoring, why it happens, and most importantly, what you can do to stop it.

This is not just a book about snoring. It's about how families face problems together—with love, humor, and resilience. You'll laugh, you'll learn, and by the end, you'll walk away with practical, life-changing tools for quiet, peaceful nights.

If you've ever felt helpless against the nightly roar, or if you've ever nudged your partner awake praying for silence, this book is for you.

Welcome to a journey where science meets comedy, and where an Indian family shows the world how to fight snores and win—once and for all.



CHAPTER 1 – THE EARTHQUAKE IN THE BEDROOM

Opening Scene (Chaos!)

It was 2:17 AM when the Sharma household shook like a mini-earthquake. The ceiling fan rattled. The water bottle on the bedside table wobbled. Even the dog, Bubbles, jumped out of his basket and barked at the bed.

It wasn't an earthquake.

It was **Papa Sharma snoring**.

“Maaaaa! Papa's starting his tractor again!” whispered Aarav, the 10-year-old, poking his sister Riya awake.

Riya groaned. “More like a bulldozer stuck in reverse. Ugh!”

Mama pulled her pillow over her head. “Not again! I'll need earplugs the size of coconuts at this rate.”



Family Reaction & Comedy

Desperate to fix the chaos, Aarav tiptoed out, came back with a clothespin, and clipped it on Papa's nose.

SQUAWK! Papa flinched, mumbled something about cricket, and continued snoring, now sounding like a duck and a lawnmower fighting.

“Epic fail,” Riya sighed.

“Next time, let's just use duct tape,” Aarav grinned.

Bubbles the dog joined in by howling every time Papa snored—like a backup singer in a rock concert.

Science Simplified (Doctor Snoozer Arrives)

The next morning, the family gathered for breakfast, all bleary-eyed.

Suddenly, their eccentric neighbour, **Doctor Snoozer**, strolled in with his oversized glasses and a stethoscope tangled in spaghetti.

“You called for the Snore Detective?” he declared dramatically, holding a magnifying glass over Papa's toast.

“Doc, my husband snores like a construction site. Save us,” Mama pleaded.

Doctor Snoozer leaned back and explained:

- “Snoring happens when air squeezes through a narrow passage in your throat.”
- “Think of it like a traffic jam inside your airway—cars honking, engines revving, chaos!”
- “The throat tissues vibrate like a drum, and voilà—your personal midnight concert.”

Papa muttered, “So you're saying... my nose throws a party at night?”

“Exactly!” Snoozer replied. “And everyone else in the house gets invited, whether they like it or not.”

Experiments & Failures

Doctor Snoozer handed the family some ideas:

- **Turn Papa on his side.**
- **Raise his pillow.**
- **Keep his nose clear.**

That night, Aarav taped tennis balls to Papa's pajama back so he couldn't roll on his back. Result? Papa grumbled, rolled over anyway, and muttered in his sleep: “Why are there cricket balls in my shirt?”

Next, Riya piled pillows under Papa's head. He slid down during the night until his chin touched his chest. The snoring got worse—now sounding like a stuck trombone.

The final attempt? Mama gave him steam inhalation. Papa just declared, “Ahhh spa treatment!” and promptly fell asleep—snoring even louder.

 **Snore Facts**

- 45% of adults snore occasionally.
- Men are twice as likely to snore as women.
- Sleeping on your back makes snoring much worse.

**Snore Facts Recap**

- ✗ Clothespin on nose = Fail (duck noises).
- ✗ Tennis ball trick = Fail (Papa thought it was cricket practice).
- ✗ Pillow mountain = Fail (trombone effect).
- ✗ Steam inhalation = Fail (spa mode).
- ✓ Lesson: We now understand what snoring is and that sleep position and airways matter.

Chapter 7: Transition

As the family gave up for the night, Papa let out a monstrous snore that rattled the window panes. Riya groaned, “If this continues, NASA will track our house as a seismic hotspot.” Doctor Snoozer dramatically whispered: “Fear not, family. The Snore Wars have only begun... and I have many more tricks up my sleeve.”

👉 Next Chapter: Operation Nose Rescue