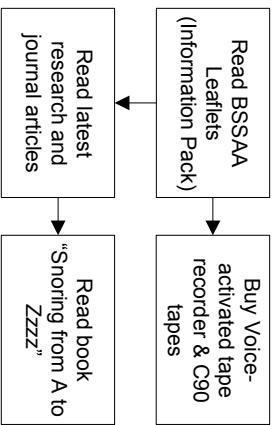


Days 1 - 7

Days 8 - 70

Days 71 - 90

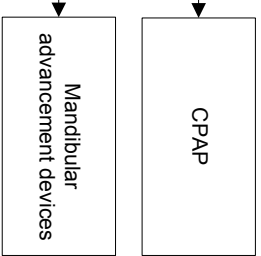
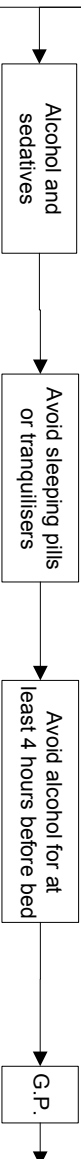
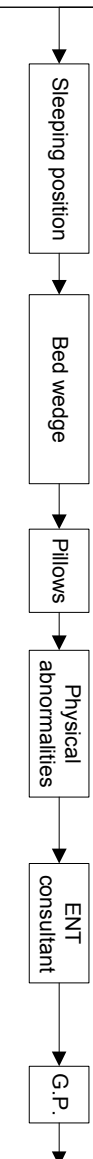
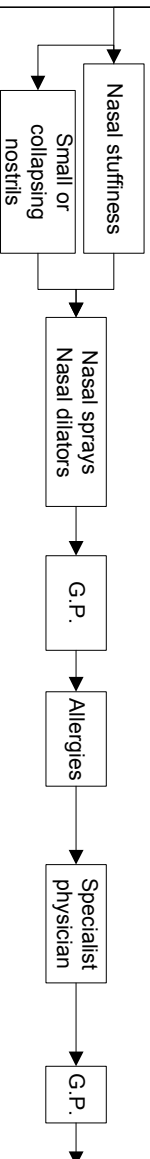
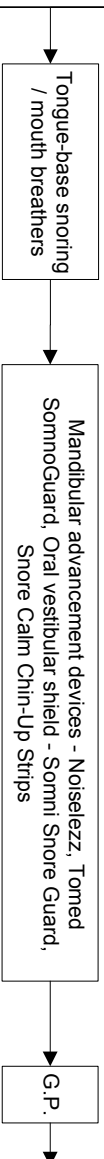
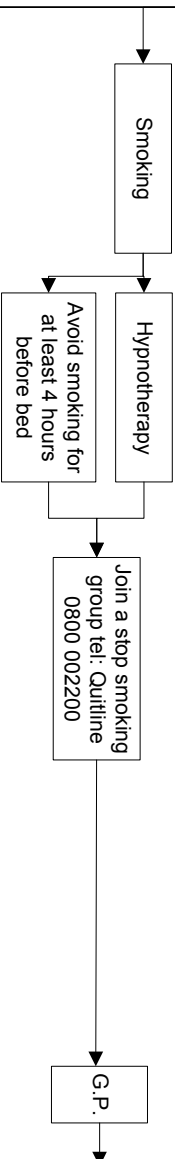
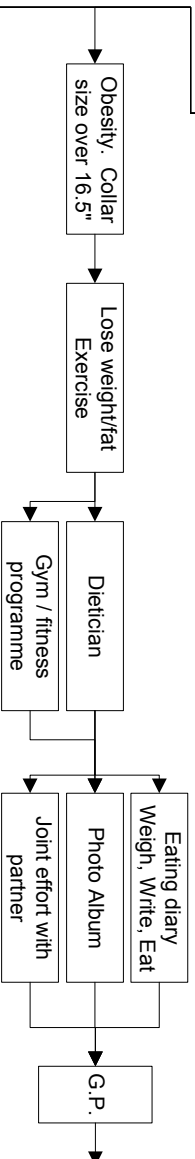


Decide on probable cause(s)

Sleep Apnoea suspected? Loud snoring Daytime sleepiness High blood pressure

G.P.

Consultant physician & sleep study



COUNTDOWN TO SILENT NIGHTS

The 90 day Snore-No-More Plan

The British Snoring & Sleep Apnoea Association

Helpline 0800 085 1097

CPAP UNIT

(Continuous Positive Airways Pressure)

**SILENT SLEEP
IN A BOX**

GoodKnight 420G

£420.00

(plus £13.50 p & p)

**complete with mask, hose, headgear
& carry case**

**a doctor's prescription is
required for this product**

**PLEASE TELEPHONE
FOR DETAILS**

01737 245638

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The BSSAA is a non-funded association whose main aims are to assist patients in finding a cause and appropriate treatment for their snoring and sleep apnoea problems and to promote public awareness that help is available.

Follow the lines on the plan depending upon the probable cause or causes of your snoring/sleep apnoea, and summon help as necessary.

Telephone or write to us if you have any queries or problems; we are here to help you.

Remember if all else fails, nasal Continuous Positive Airways Pressure (CPAP) stops snoring in almost all cases. Some people find the mask awkward and uncomfortable, but different types and sizes of mask and other nose pieces called Adam Circuits are available and with a little experimentation and perseverance we are confident that CPAP will work for you.

You may look upon CPAP as an interim treatment whilst you continue to lose weight, stop smoking, find the root cause of your catarrh etc. but we urge you to try the simple, natural and effective treatments first before asking your G.P. to refer you for a sleep study.

Finally please contact us at the end of your 90 days so that we can share your good news.

**With Best Wishes
Yours sincerely**

**The British Snoring & Sleep Apnoea
Association**

**British Snoring
&
Sleep Apnoea
Association**

**COUNTDOWN
TO
SILENT
NIGHTS**

**THE 90 DAY
SNORE-NO-MORE
PLAN**

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