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SNORING COUPLES REGULARLY SLEEP APART!

It is a sad fact that snoring is one of the most common conditions that disrupts the lives of millions of couples. Some snorers are blissfully unaware of the disruption they are causing on a nightly basis. Lack of sleep for the partner can lead to tension, arguments and bad feeling within the relationship.

From a recent sleep survey conducted by the British Snoring & Sleep Apnoea Association:

67% of couples admitted that they argue about snoring and 58% of them said that snoring causes problems within their relationship.

A massive 82% of partners regularly leave the bedroom for either the spare room or the sofa.

The spare room is the favoured refuge for 57% of partners, with the remaining 43% bedding down on the sofa each night.

Allen & Marianne Davey, Directors & co-founders of The British Snoring & Sleep Apnoea Association are committed to reuniting couples separated by snoring.

Suggested questions

How many people snore?

Is it just men who snore?

What causes snoring?

What effect does snoring have on relationships?

What can we do to stop snoring?

Where can we find suggested remedies?

Handy tips to avoid those nightly arguments:

- Don't deprive your partner of precious sleep – get help for your snoring.
- Tackle the snoring together – the partner can provide essential information.
- Find the cause of your snoring and treat it appropriately.

Call Marianne Davey on 01737 245638

PRESS OFFICE SPOKESPERSON AVAILABLE FOR INTERVIEW