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NATIONAL STOP SNORING WEEK 19 - 24 APRIL 2004

WILL YOUR HOLIDAY BE RUINED BY A SNORER?

Holidays are supposed to be a time when you leave those worries behind in favour of relaxation and recuperation. A time when you can stretch out by the pool, close your eyes and enjoy but what is this you hear snoring!

Preliminary results from a recent holiday survey conducted by the British Snoring & Sleep Apnoea Association find that half of all holidays are far from peaceful. 50% of respondents admitted that snoring had adversely affected their holiday.

A massive 60% of holiday snorers are women

This, according to the survey, causes anger amongst 85% of those who have to share a room with a snorer, leading to the culprit sleeping on the balcony or in the bathroom. 17% of holidaymakers even resort to going home early.

Allen & Marianne Davey, Directors & co-founders of The British Snoring & Sleep Apnoea Association will provide help and advice to prevent those holiday blues.

Suggested questions

- How many people snore?
- Are men the only culprits?
- What causes snoring?
- How can snoring effect your holiday?
- What measures can we take to stop snoring on holiday?
- Where can we find suggested remedies?

Handy tips to avoid those holiday blues:

- Do something about the snoring well in advance of your holiday.
- Ask your hotel for help by providing non-feather bedding.
- Make sure you pack your Snore Calm travel pack.

Call Marianne Davey on 01737 245638

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