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NATIONAL STOP SNORING WEEK 2003

Monday 31 March - Friday 4 April 2003

The focus will be on 'sleepiness' and how snoring and sleep apnoea affect not only the snorer but also the bed partner.

Issues discussed:

Social aspects of sleep deprivation

Guilt issues of the snorer

Disruption to household - arguments, friction etc.

Sleepy drivers

Work and sleepiness

We will be available for interview during the week to discuss these problems and to give advice on how to overcome them.

For further information please call

Marianne Davey on 01737 245638

or

email: marianne@britishsnoring.co.uk