

Following successful trials
The British Snoring & Sleep Apnoea Association
are pleased to announce their new

Snore Calm herbal spray

In trials 70% of participants said 'good' or
'very definite improvement' in their snoring

Results of trials suggest that Snore Calm herbal spray will be
useful for those snorers who suffer from palatal flutter, nasal
stiffness, sinusitis and catarrhal problems.

BSSAA undertook 4 trials to investigate whether a herbal nasal spray would lessen or prevent snoring. The active ingredient in Snore Calm, Euphrasia officinalis or Eyebright, has astringent and antiseptic properties. These properties make it effective for treating palatal flutter, ailments in the sinuses and nasal passages and it is an extremely effective anticatarrhal.

Snore Calm compares favourably with other anti-snoring products giving a 70% success rate and is, in some instances, a good alternative to surgery

Calm herbal spray - Results of all trials						
	Trial 1	Trial 2	Trial 3	Trial 4	Total	%
No of subjects	19	18	21	20	78	
Average age of subjects	60	59	57	54		
No of subjects classified overweight	Nil	1	10	13	24	31
No of subjects with history of nasal stuffiness	11	11	7	13	42	54
No of subjects with sore throat in the morning	no data	8	2	3	13	22
No of subjects who took alcohol during trial	9	no data	6	9	24	40
No of subjects who snored as usual	10	no data	8	7	25	42
No of subjects who snored less than usual	8	no data	8	12	28	47
No of subjects with no snoring	1	no data	3	1	5	8
Summary of comments						
Good - more spray requested	2	5	9	4	20	26
Very definite improvement	8	8	8	10	34	44
No improvement	5	4	1	6	16	20
No ill effects	2	1	0	0	3	3
no responses	2	0	3	0	5	7

Success rates of other anti-snoring products compared with SNORE CALM herbal spray		
Product	Success	Reference
Chin Up strips	66%	(1998) Cardio & Critical Care Journal October 383S
Breathe Right nasal strips	70%	(1997) 3M Breathe Right nasal strips Clinical Data Pack
Mandibular Advancement Devices	50 - 100%	A Johal & JM Battagel (2001) British Dental Journal 190 (10) 532-536
SNORE CALM herbal spray	70%	BSSAA (2003) Clinical Data Pack

Snore Calm herbal spray is used to tighten the tissue of the nose and soft palate to help prevent nasal stuffiness and palatal flutter (vibration of the soft palate) which causes the snoring sound.



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