

Don't let christmas be a snoring nightmare for you and your family



Snore Calm^文

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TopTips for a snore-free christmas

If you are already a snorer - do something about it
NOW

Try to eat, smoke & drink in moderation.
If you are staying away from home either take your
own pillow or ask for a non-feather pillow and
bedding.

Ask for pets to be kept out of the bedroom where you
will be sleeping.

Avoid sleeping pills or other sedating medication
(speak to your GP for further advice).

Try to take some exercise during the christmas
holidays.

Remember to take your snore control with you.
Take some ear plugs for your bed partner and other
members of the household.

END

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