

Snorers Can Take 18 Years to Banish the Night Noises

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Says British Snoring & Sleep Apnoea Association

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Preliminary findings from a survey by the **British Snoring & Sleep Apnoea Association (BSSAA)** reveal that it takes snorers an average of 18 years to tackle their snoring complaint. This not only increases the risk of snorers developing serious health problems but also leads to unnecessary sleep deprivation and health consequences for their long-suffering bed partners.

Marianne Davey, director, BSSAA, says: "Getting to this situation is totally unnecessary as snoring can often be resolved in a matter of minutes once the cause of the problem is known. Identifying the cause could not be easier. Snorers can perform some simple 'snore tests' that will identify what kind of snorer they are. Once they know the cause, they can be treated with an appropriate remedy."

The 'snore tests' can be found on <http://www.britishsnoring.co.uk>

The survey of 1,500 participants uncovered links between snoring and other ailments. The results revealed that the average snorer is overweight, while those diagnosed with Obstructive Sleep Apnoea (OSA) were typically obese. The consequences can be severe. High blood pressure, an increased risk of diabetes, heart attacks and strokes all disproportionately affect snorers.

Of the respondents, 60% of snorers felt they didn't get enough sleep, while 75% reported feeling tired in the morning. And their partners didn't fare any better. Three in every four spouses reported disrupted sleep patterns leading to arguments, a lacklustre love life, separate bedrooms and even relationship break-ups.

A gender split was also revealed by the survey. Men are more likely to seek a snoring remedy than women.

Full results of the survey will be published for National Stop Snoring Week on 20-25 April, 2009.