

SNOREEZE FACT SHEET

- Women in their fifties with a higher Body Mass Index are most likely to be habitual snorers (or at least to admit to it!)¹
- Less than 3% of women in their 20s admit to snoring²
- Children who are heavy snorers do worse at school, regularly getting Ds in Maths and Science³
- People who suffer from chronic daily headaches are twice as likely to be snorers than people who have occasional headaches⁴
- 41.5% of the UK population snore⁵
- Among 30-35 year olds, 20% of men and 5% of women snore⁶
- Among 60 + year olds, 60% of men and 40% of women snore⁷
- Eliminating snoring can give a partner an extra hour of sleep each night⁸
- 56% of the UK population admit that they snore⁹
- 48% of people say that snoring has affected their personal relationships⁹
 - Of those:
 - 48% of these admit to sleeping in separate bedrooms because of snoring⁹
 - 47% have become irritable because of snoring⁹
 - 36% said snoring had led to arguments⁹
 - 17% had problems with closeness and sexual relations because of snoring⁹
- 38% of people believe snoring has affected their ability to work or perform normal daily tasks⁹
- 20% of people have been kept awake or woken up by their own snoring⁹

¹ From report in 'Chest' journal

² As above

³ Newsround article 04.10.02

⁴ Science Daily 04.22.03

⁵ British Snoring and Sleep Apnoea Association

⁶ Embarrassingproblems.com

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⁸ Mayo Clinic Proceedings (US), 1999

⁹ From Snoreeze Great British Snoring Survey, JMA Marketing and Research

- 41% of people have been kept awake by their partners' snoring⁹
- 45% of snorers say their partner has complained about their snoring the next day⁹
- Only 8% of people have ever done anything to reduce their snoring⁹
- 15% of people have done something to reduce their partner's snoring⁹
- 43% of women say that their partner snores⁹
- On average people in the survey knew 1.2 snorers- virtually everyone knows a snorer!⁹
- On average, people in the UK are affected by snoring 4 days a week. ⁹
- More people in Scotland and Lancashire have had a bad nights sleep due to snoring than in the rest of the UK⁹
- Compared to other British regions, the least number of people in Tyne Tees have been affected by snoring⁹
- Snoring has affected the personal relationships of over half of the people in the Midlands⁹
- The average age of a snorer is 48 years old.¹⁰

¹⁰ Epidemiological study of snoring from a random survey of 1075 participants