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Further information: Passion For Life Healthcare

DITCH THE SNORING... NOT YOUR PARTNER

One in ten couples have considered splitting up or living separately due to snoring, according to the Great British Snoring Survey conducted by Snoreeze. National Stop Snoring week is approaching (23rd-28th April) and with 20 million adult snorers¹ in the UK alone, snoring is a major problem.

Research has shown that snoring has a major impact on personal relationships and sleeping next to a snorer can rob a person of two hours' sleep per night². With an average relationship lasting 24 years, this would equate to a loss of two years' sleep for 15 million Brits². This loss of sleep [leaves](#) the partners of snorers irritable and overtired, leading to arguments and more serious relationship problems. The Great British Snoring Survey reveals that:

- 41% of people said snoring kept them awake, of which 55% said snoring caused arguments
- One quarter of couples feel less close or have noticed a negative impact on their sex lives

"When you haven't had a good night's sleep, you can wake up feeling grumpy and small irritations can be blown out of proportion, leading to conflict and resentment," comments Denise Knowles from the relationship counselling service Relate. "Often the non-snoring partner can feel that the relationship and their needs are not being considered if the snoring partner doesn't take any action to prevent it. Snoring is often seen as comical and embarrassing so it is important that partners talk about the impact of snoring on them," Denise adds.

snoreeze

Passion For Life Healthcare has developed a range of snoring solutions called Snoreeze, which work to reduce snoring noises giving couples the chance to sleep soundly all night long.

Natural breathing can make our throat tissues vibrate when we sleep, which causes that all too familiar snoring noise. The Snoreeze formula is a blend of micro-encapsulated ingredients which are released gradually through the night, continuously lubricating the airways so a peaceful night's sleep can be enjoyed.

Snoreeze Throat Spray should be sprayed three times to the back of the throat before bed, ensuring the tissues are actively lubricated to reduce the vibrations.

Snoreeze Oral Strips are unique, discreet and easy to use. The strips dissolve within 20 seconds but continue to lubricate the throat tissues throughout the night.

Snoring can also be caused by congestion in the nasal passages, which can limit airflow through the nose. Snoreeze Nasal Spray helps reduce or eliminate nasal snoring by actively lubricating the nasal passages.

With the help of the Snoreeze range, Britons can say goodnight to irritable, grumpy gripes for good.

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Notes to Editors:

¹ The Great British Snoring Survey, May/June 2006

² British Snoring and Sleep Apnoea Association, 2007

Details of Snoreeze product range:

- Snoreeze Oral Strips cost £4.99 for 14 applications. Unique, easy to use and discreet
- Snoreeze Throat Spray costs £12.95 for 50 nights of peaceful sleep
- Snoreeze Nasal Spray is £9.95 for 25 nights of peaceful sleep
- The Snoreeze range is available from Boots, Superdrug, Lloyds pharmacy, Alliance, Holland & Barrett, Waitrose, GNC, good independent pharmacies and health food stores.
- For more information on the Snoreeze range, please visit www.snoreeze.com