

**NATIONAL STOP SNORING WEEK
20 - 25 APRIL 2009**



20 INTERESTING FACTS TO KNOW ABOUT SLEEP AND SNORING

- There are 15 million snorers in the UK. 10.5 million men and 4.5 million women.
- Snoring is common but it is not normal.
- The 3 main reasons for snoring are: being overweight, smoking and drinking alcohol.
- Snoring sound is air turbulence vibrating the structures in the 'upper airway'.
- Snoring sounds range from 50dB to 100dB - the equivalent to a pneumatic drill.
- Snorers are 3 times more likely to suffer adverse health conditions than non-snorers.
- Snoring can be hereditary - nearly 70% of snorers have a familial link.
- Bed partners of snorers report they have just 3-5 hours sleep per night.
- Bed partners of snorers visit their GP more frequently than bed partners of non-snorers.
- Snorers and their bed partners are more likely to be hard of hearing than non-snorers and their partners.
- Over one third of couples report disharmony within the relationship due to snoring.
- Sleep quality rather than quantity is more of an issue. Poor sleep quality exacerbates poor health.
- Sleep loss affects newly learned skills more than well known skills.
- Bed partners of snorers physical and mental health improves significantly once the snorer has been treated successfully.
- Despite evidence to the contrary, bed partners report better sleep quality when sleeping with their snoring partner than when they sleep alone.
- The louder you snore, the more likely you are to be overweight.
- More than 50% of patients with Obstructive Sleep Apnoea (OSA) have high blood pressure whereas only 25% of patients with high blood pressure have OSA.
- Regular snorers are 5 times more likely to develop hypertension, heart disease, stroke, Type 2 diabetes and high cholesterol than occasional snorers.
- In 1910 we were sleeping for approximately 9 hours per night. In 2009 we sleep for around 6-7 hours.
- More than 1,000 studies of sleep deprivation have been published during the past 100 years.