



WE WILL HELP YOU STOP SNORING

Do these simple tests, find what kind of snorer you are and discover appropriate treatments approved by the UK's leading authority the British Snoring & Sleep Apnoea Association



NOSE TEST

Looking in a mirror, press the side of one nostril to close it. With your mouth closed, breathe in through your other nostril. If the nostril tends to collapse, try propping it open with the clean end of a matchstick (or similar implement). If breathing is easier with the nostril propped open, nasal dilators may solve your snoring problem. Test both nostrils. **Try: Nozovent, MegaVent, Snore-No-More, Breathe Right Nasal Strips.** Now, with your mouth closed, try breathing in through your nose. If you cannot breathe well through your nose you may be suffering from nasal stuffiness caused by allergy. You may wish to consider the following causes: feather pillows and bedding, pet hair, house dust mite, allergic rhinitis, seasonal allergies, perfumes and body sprays, household cleansers such as bleach. **Try: Rhynil.**



MOUTH BREATHING TEST

Open your mouth and make a snoring noise. Now close your mouth and try to make the same noise. If you can only snore with your mouth open then you are a 'mouth breather'. **Try: Snore Calm Chin-Up Strips** which will keep your mouth closed or a **Somni Snore Guard** which will encourage you to breathe correctly through your nose. **Try also: Rhynil.**



TONGUE TEST

Make a snoring noise with your mouth closed. Then stick your tongue out as far as it will go and grip it between your teeth. Now try to make a snoring noise. If the snoring noise is reduced with your tongue in this forward position then you are probably what is known as a 'tongue base snorer'. The most appropriate control for this type of snoring is a Mandibular Advancement Device. **Try: Tomed SomnoGuard AP.**



PALATAL FLUTTER

If none of these tests has helped it is possible that your soft palate is vibrating. 'Palatal flutter' is the vibration of the soft palate and uvula. This is often the cause in patients who are of normal weight. Tighten the tissue of the soft palate with **Rhynil**. **Try: Rhynil** to tighten the tissue of the soft palate or **Snore Calm Chin-Up Strips** to keep your mouth closed.



MULTIFACTORAL SNORING

You may find that you fit into more than one of these snoring categories. In which case your snoring is probably originating from several areas. For example, you may suffer from both palatal flutter and tongue base snoring. **Try: Rhynil** and **Tomed SomnoGuard AP.**



SLEEP APNOEA

The condition Obstructive Sleep Apnoea (OSA) is at the severe end of the snoring continuum. It is characterised by regular heavy snoring and cessations of breathing lasting 10 seconds or more, at least 10 times per hour. Excessive daytime sleepiness is a major symptom of this condition. The 'gold standard' treatment for OSA is Continuous Positive Airway Pressure (CPAP) which delivers air under pressure to the nose to prevent the airway from obstructing. See www.britishsnoring.co.uk for CPAP treatment.

British Snoring & Sleep Apnoea Association
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