

## NATIONAL STOP SNORING WEEK 2009

### SURVEY TO HELP US UNDERSTAND THE TRUE IMPACT OF SNORING ON PEOPLE'S LIVES

The web-based survey conducted by the British Snoring & Sleep Apnoea Association received in excess of 2,500 respondents comprising snorers, snorers' partners and non-snorers.

Respondents to the survey comprised:

Snorers:                                      Men 64%                                      Women 36%

Partners of snorers:                      Men 33%                                      Women 62%

Non-snorers:                                      10%

Snoring couples                                      15%

Average age of sample population = 48 years.

The average snorer is overweight whilst the average OSA sufferer is obese.

BMI (Body Mass Index) sample population:

Snorers:    29 (overweight)

Partners of snorers:                              26 (overweight)

OSA (Obstructive Sleep Apnoea):              >31 (obese)

#### **75% of snorers feel embarrassed about their snoring.**

Snorers who live with a non-snoring partner are more likely to feel self-conscious about their snoring, more likely to seek help and more likely to try snoring remedies.

Men are more likely to seek help for snoring than women.

#### **Less than half of all snorers seek help.**

Snorers who have already tried snoring remedies without success were 5 times more likely to seek further help.

45% of snorers said they had visited their GP but only 23% of them had found a remedy to reduce their snoring.

#### **It takes around 17 years for snorers to stop snoring.**

60% of snorers say they don't get enough sleep, whilst 75% of them feel tired in the morning.

**90% of (non-snoring) partners of snorers find the snoring annoying and the cause of sleep disturbance.**

Women are far less tolerant of their partners snoring than men.

50% of (non-snoring) partners of snorers say that snoring causes arguments, whereas 65% of snorers believe their snoring is the cause of arguments.

Those who felt their snoring is the cause of arguments were more likely to have tried snoring remedies.

**Those snorers who were sleeping in a separate room from their partner were 50% more likely to seek help and more likely to try snoring remedies.**

More than 60% of snorers reported that one or more of their parents snored (indicating a familial link).

Snoring 'couples' are less likely to seek help or try snoring remedies.