

**National Stop Snoring Week 2005
18 - 23 April
Less Sex For Snorers... True or False?**

In response to a questionnaire to discover whether snoring has an adverse effect on a couple's sexual relationship, more than 60% of respondents said they would make love more often if they or their partner stopped snoring.

A total of 1,013 anonymous participants, 537 men and 476 women took part in this robust research conducted by the British Snoring & Sleep Apnoea Association.

704 of the respondents were snorers and 309 were bed partners of snorers (commonly known as the snoree).

The normal perception that most of the suffering partners are women was confirmed.

It was found that sexual relationships would be improved if snoring was resolved.

SHARING A BED

Snoring is one of the few complaints that directly affects the health of another, normally the bed partner. Sharing a bed with a snorer can have deleterious effects on sleep, health and quality of life and very often causes friction within the relationship, not least, creating a negative effect on a couple's sexual relationship.

SEPARATE BEDROOMS

According to one American Study in 2001, Dr Mansoor Madani found 80% of snoring couples slept in separate bedrooms. He says "sleep deprivation due to a partner's snoring makes it a challenge to be cheerful in the morning and can have a negative effect on the rest of their day too". In this present study, snorers admitted that frustration, being upset and anger were feelings expressed by their bed partners. Not surprisingly being tired and irritable in the morning was cited by more than 50% of partners. One respondent to our study said "I want him to stop snoring and stop waking me up in the middle of the night".

Like Dr Madani's, this present study confirms that nearly 70% of snoring couples sleep in separate rooms. One snorer admitted to sleeping in a hammock in the spare room and enjoying the best sleep for 20 years. He said "I simply got fed up with being hit all the time..." It is not only women whose sleep is disrupted by snoring. A female respondent said "My partner goes into a different room due to my snoring as I keep him awake".

ENOUGH SLEEP

In 2004 when MORI asked over 1,000 adults whether they thought they were getting enough sleep, 40% of them said "no". Women were more likely than men to say they did not get enough sleep. Being irritable, shouting, arguing with their partner and making mistakes at work were cited as the most common problems associated with sleep loss.

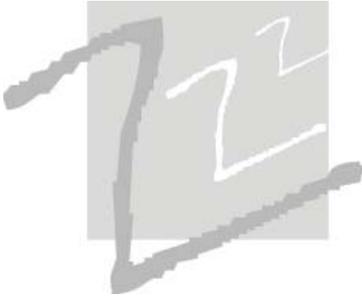
**For further information please call Marianne Davey
Tel: 01737 245638**

52 Albert Road North
Reigate RH2 9EL
www.britishsnoring.co.uk

PRESS RELEASE

PRESS RELEASE

PRESS RELEASE



ARGUMENTS

Similarly, this present study found that half of all respondents admitted to arguing about snoring. A massive 88% of snorers and 85% of partners said that their relationship would be better if snoring was resolved. "My partner's snoring is greatly affecting our relationship, we are close to splitting up as a result of lack of sleep" said one respondent.

Data from a recent Canadian study (Faulkner *et al* 2005) that focused on marital arguments found the mental health effects of marital distress vary considerably. Their evidence confirmed that wives are more emotionally reactive than husbands.

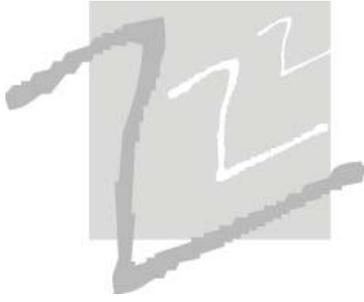
Women are more likely to initiate discussions of a conflictual nature such as snoring say Almeida *et al* (2003) whereas men are more likely to withdraw from such discussions say the authors. Quotations from respondents to this present study confirm these comments; 'My partner does not acknowledge there is a problem - well it isn't for him' said one respondent. 'We need help' said another male respondent.

Faulkner *et al* (2005) in their study of marital conflict found that wives were more likely to initiate conflict as they see the husband as the cause of the problem. However, husbands view the problem as being mutually shared. Wives feel that marital arguments are more threatening and uncontrollable. This conflict can be detrimental to a relationship resulting in high levels of negative emotion such as anger and resentment. These findings from Faulkner may explain why a third of all bed partners of snorers in this present study feel relief at sleeping in another room in order to remove themselves from the snoring and subsequent arguments. "He feels resentful if I try to discuss the problem", said one respondent. "The lack of sleep makes me tired and resentful" said another respondent.

Perceptions of the quality of a relationship is undermined by frequent arguments and according to Almeida *et al* (2003) arguments that continue over time tend to become progressively more severe. Continued arguments within a relationship also tend to cause anxiety for both parties. Highly anxious individuals exhibit hostility towards their partner and often fear alienation and even relationship loss. The more anxious a partner becomes the more reactive they are to the conflict. Couples who perceive greater conflict between them are less optimistic about the future of their relationship. From their study of conflict and romantic relationships Campbell *et al* (2005) found that the more couples argue the less satisfaction and closeness they find within their relationship. This effect was even greater for highly anxious individuals. Over 50% of respondents to this present survey said they argue about snoring with many of them expressing feelings such as frustration and resentment.

UNSATISFACTORY LOVEMAKING

Dr Madani says that "snoring is no laughing matter when it comes to sex and divorce" and "snoring puts tremendous stress on relationships". A respondent from this present study said "it destroyed my first marriage and has cost me my career...". Further data from this present study confirms just how much snoring affects sexual relationships. With 55% of snorers admitting that their snoring affects their sexual relationship and 59% of bed partners saying the same, it is little wonder that snoring couples' lovemaking may be unsatisfactory. Another female respondent said, "my partner has said that my snoring contributed to him wanting a divorce which we are currently going through".



FREQUENCY OF MAKING LOVE

When asked how frequently they make love responses varied widely. 31% of bed partners said they make love hardly ever or only once per month. Whereas 35% of snorers said they make love more than once per week. However, another 26% of the snorers said they make love hardly ever. Not surprisingly, snoring poses a real social challenge for many snorers and for some it can even have a negative effect on their sexual function. One respondent to our study said “my wife and I have now separated on my part, much to do with a poor sexual relationship”. Findings from Dr Madani’s study of over 4,900 snoring patients confirmed that a significant number of heavy snorers had reduced sexual drive with over 50% of them also experiencing erectile dysfunction.

SLEEP APNOEA - SEXUAL DYSFUNCTION

If left unaddressed, snoring can often degenerate into sleep apnoea which is potentially a serious medical condition where breathing is interrupted during sleep. This leads to excessive daytime sleepiness, depression and sexual dysfunction. Sleep apnoea is also associated with high blood pressure, increased risk of heart attack and stroke. All of these conditions can suppress a healthy interest in sex.

A RESOLUTION

Clearly the results from this survey demonstrate that couples are unhappy with their sex lives. But the good news is that conflict within a relationship arising from snoring or sleep apnoea can be resolved.

TREATMENTS

There are many reasons why people snore and the treatments are relatively easy, unobtrusive and cost very little. For example, a simple mouth guard (as shown recently by Professor Robert Winston on BBC television) can stop the loudest snorers in their tracks. On the other hand, treating sleep apnoea is more complicated and needs specialist medical intervention. For sufferers of sleep apnoea a machine called CPAP (Continuous Positive Airways Pressure) is used to normalise nocturnal breathing.

**Our message to the 85% of snorers who snore every night relentlessly
‘Stop snoring now and improve your sex life’.**

**Less Sex For Snorers - True or False?
TRUE**

References:

Almeida DM *et al* (2003) Psychosocial moderators of emotional reactivity to marital arguments. *Marriage & Family Review* 34 (1-2) 89-113.

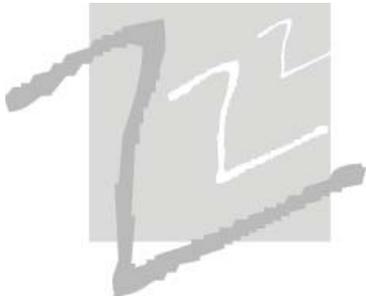
British Snoring & Sleep Apnoea Association questionnaire survey. Snoring affects your love life - true or false (2005).

Campbell L *et al* (2005) Perceptions of conflict & support in romantic relationships. *Journal of Personality & Social Psychology* 88 (3) 510-531.

Faulkner RA *et al* (2005) Gender related predictors of change in marital satisfaction and marital conflict. *American Journal of Family Therapy* 33 (1) 61-83.

Madani M (2001) Snoring can affect your sex life. *American College of Oral & Maxillofacial Surgeons* May 2001.

MORI: www.mori.com/polls/2004 British Sleeping Behaviour.



Less Sex For Snorers ... True or False?

Facts about snoring

85% of snorers in the UK snore every night.

81% of the partners of snorers do not get enough sleep because of snoring.

Half of all partners of snorers feel tired in the morning.

One third of partners of snorers feel irritable.

89% of partners of snorers sleep in separate rooms because of snoring.

More than half of all couples argue about snoring.

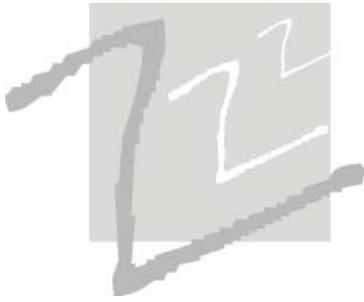
85% of couples say their relationship would be better if snoring stopped.

More than half of all couples say snoring affects their sexual relationship.

One third of couples admitted that they hardly ever make love because of snoring.

Two thirds of couples say they would make love more often if snoring stopped.

86% of snorers said they would like help in trying to stop snoring.



Less Sex For Snorers ... True or False?

Regional facts and figures - differences from the normal population

East: Region accounts for 10% of the survey population.

Interesting facts:

81% of snorers snore every night - higher than national average of 78%.

77% of partners do not get sufficient sleep - less than national average of 81%.

77% of partners said their relationship would be better if snoring stopped - less than national average of 85%.

38% of couples in the Eastern region argue about snoring less than the UK norm of 51%.

Only 38% said they argue about snoring against a national average of 50%.

Only 46% of couples said they would make love more often if their partner stopped snoring whereas the national average is 63%.

58% of snorers sleep in another room because of snoring which was lower than the national average of 69%.

East Midlands: Region accounts for 5% of survey population

Interesting facts:

Majority of respondents were female.

92% of partners do not get sufficient sleep because of snoring - higher than national average of 81%.

85% of partners sleep in another room because of snoring - slightly higher than national average of 81%.

92% of snorers their relationship would be better if they stopped snoring - higher than national average of 88%.

38% of partners said they would make love more often if their partner didn't snore whereas the national average is 63%.

42% of snorers said that snoring affects their sexual relationship whereas the nation norm is 55%.

London: Largest population accounts for 22% of survey population

Interesting facts:

75% of snorers snore every night - slightly less than national average of 78% .

63% of London snorers sleep in another room because of snoring - slightly less than national average of 69%.

78% of Londoners feel they do not get enough sleep - slightly less than nation average of 81%.

A third of all Londoners feel irritable in the morning because of snoring - slightly higher than aver norm 31%.

86% of Londoners said their relationship would be better if snoring stopped - about national average at 85%.

30% of Londoners say the hardly ever make love - close to national average of 31%.

North: Region accounts for 5% of survey population.

Interesting facts:

84% of Northerners don't get enough sleep - close to national norm of 81%.

74% of partners sleep in another room because of snoring - less than average of 81%.

63% of Northerners say they argue about snoring - higher than national average of 51%.

89% of Northerners feel their relationship would be better if snoring stopped - slightly higher than norm at 85%.

11% of Northerners said they never make love as opposed to national average of 4%.

41% of snorers in the North region said they would make love more often if they stopped snoring whereas the national norm is 63%.

North East & Cumbria: accounts for 4% of survey population.

Interesting facts:

61% of respondents were female.

Unusually as many snoring females responded to the questionnaire as snoring males.

The normal ratio in our study was 2.21:1.

90% of partners feel they do not get enough sleep because of snoring - national average 81%.

90% of partners sleep in another room because of snoring - higher than nation average of 81%.

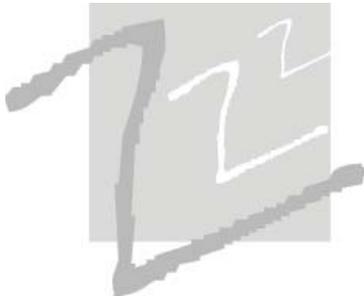
50% of them feel resentment at having to sleep in another room to avoid the snoring - national average 23%.

70% of North East & Cumbria couples argue about snoring - higher than national average of 51%.

100% of partners said their relationship would be better if snoring stopped - higher than norm of 85%.

70% of partners said the snoring affects their sex life - higher than national average at 59%.

80% of them would make love more often if snoring stopped - higher than nat average of 63%.



Less Sex For Snorers ... True or False?

Regional facts and figures - differences from the normal population

North West: accounts for 9% of survey population

Interesting facts:

81% of partners in the North West feel they do not get enough sleep because of snoring which is national average.

81% of partners sleep in another room because of snoring which is the national average.

96% of snorers said their relationship would be better if snoring stopped which is national average.

65% of partners said snoring affects their sex life - higher than national average of 59%.

32% of snorers say they hardly ever make love because of snoring. - higher than national average of 26%.

Northern Ireland: accounts for 1% of survey population

Interesting facts:

9:1 ratio of male to female snorers.

100% of respondents said their partner snores every night - higher than national average of 85%.

100% of partners don't get sufficient sleep because of the snoring - higher than national average of 81%.

100% partners sleep in another room - higher than national average of 81%.

Only 33% of partners said they would make love more often if snoring stopped as against 63% of national norm.

60% of snorers in Northern Ireland said they make love hardly ever - higher than national average of 26%.

In Northern Ireland couples argue more about snoring than other regions.

Both snorers and partners in Northern Ireland unanimously say that their relationship would be better without snoring.

Scotland: Accounts for 2.5% of survey population.

Interesting facts:

more women than men responded to the survey .

53% of respondents in Scotland were females as opposed to 53% of males for national average.

69% of snorers sleep in another room because of snoring which is the national average.

97% of Scottish snorers said their relationship would be better if they stopped snoring - higher than national average at 84%.

44% of snorers said that their snoring affects their sexual relationship whereas the national average is 55%.

Scottish people make love more than once per week which is above the national average.

South: Accounts for 13% of survey population.

Interesting facts:

100% of partners said that their partner snores every night - higher than national average of 85%.

85% of partners feel they do not get sufficient sleep because of the snoring - slightly higher than national average of 85%.

78% of partners sleep in another room because of snoring - slightly less than national average of 81%.

48% of couples argue about snoring - slightly less than national average of 51%.

90% of couples say their relationship would be better if snoring stopped - higher than norm of 85%.

43% of partners admit that they make love hardly ever because of snoring - which is higher than national average 31%.

South East: Accounts for 2.5% of survey population.

Interesting facts:

56% of respondents to the questionnaire were female as opposed to national average of 47%.

89% of partners feel they do not get enough sleep because of snoring - slightly higher than norm of 81%.

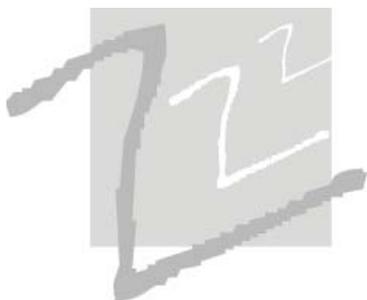
88% of snorers in the South East sleep in another room because of snoring - much higher than norm of 69%

56% of partners feel tired in the morning - slightly higher than national average of 51%.

38% of couples in the South East argue about snoring - slightly less than national average of 42% .

86% of snorers in the South East said their relationship would be better if they stopped snoring - norm of 85%.

A third of all couples in the South East hardly ever make love - higher than national average at 26%.



Less Sex For Snorers ... True or False?

Regional facts and figures - differences from the normal population

South West: Accounts for 2% of survey population.

Interesting facts:

100% of partners in the South West said their partner's snoring was every night - higher than average at 85%.

100% of partners said they did not get enough sleep because of the snoring - higher than average of 81%.

100% of partners said they sleep in another room because of snoring - higher than national average of 81%.

A massive 14% of snorers in the South West said they make love every day as opposed to the national average of only 4%.

But 57% of them said they make love hardly ever - national average only 31%.

70% of snorers in the South West said their snoring affects their sexual relationship - higher than national average 55%.

10% of snorers can't be bothered to do anything about their snoring whereas the national average is only 4%.

Wales: Accounts for 3.5% of survey population.

Interesting facts:

85% of partners sleep in a separate room because of the snoring - slightly higher than norm of 81%.

62% of Welsh couples argue about snoring - higher than national average of 51%.

92% said their relationship would be better if snoring stopped - higher than national average of 81%.

Despite this a massive 52% of snorers say they make love more than once per week - norm of 35%.

Only 52% of Welsh snorers said they would make love more often if they stopped snoring - norm of 62%.

West: Accounts for 5% of survey population.

Interesting facts:

88% of partners sleep in a separate room because of snoring - slightly higher than national average of 85%.

94% of partners say they do not get sufficient sleep - much higher than national average of 81%.

81% of snorers in the West of England snore every night - slightly less than average of 85%.

81% of couples in the West of England said their relationship would be better if snoring stopped - slightly less than national average of 85%.

69% say snorers say snoring affects their sex life - much higher than national average of 59%.

38% of snorers in the West of England say they hardly ever make love - higher than national average of 26%.

West Midlands: Accounts for 13% of survey population.

Interesting facts:

80% of West Midland snorers snore every night - slightly higher than national average of 78% .

81% of partners sleep in another room because of snoring which is national average.

50% of West Midland couples argue about snoring - just slightly less than national average of 51%.

50% of couples say snoring affects their sex life - slightly less than national average of 59%.

31% of snorers in the West Midlands say they hardly ever make love - slightly higher than norm of 26%.

62% of West Midland snorers said if they stopped snoring they would make love more often which is the national average.