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NATIONAL STOP SNORING WEEK 19 - 24 APRIL 2004

WILL YOUR HOLIDAY BE RUINED BY A SNORER?

Holidays are supposed to be a time when you leave those worries behind in favour of relaxation and recuperation. A time when you can stretch out by the pool, close your eyes and enjoy but what is this you hear snoring!

Preliminary results from a recent holiday survey conducted by the British Snoring & Sleep Apnoea Association find that half of all holidays are far from peaceful. 50% of respondents admitted that snoring had adversely affected their holiday.

A massive 60% of holiday snorers are women

This, according to the survey, causes anger amongst 85% of those who have to share a room with a snorer, leading to the culprit sleeping on the balcony or in the bathroom. 17% of holidaymakers even resort to going home early.

Allen & Marianne Davey, Directors & co-founders of The British Snoring & Sleep Apnoea Association will provide help and advice to prevent those holiday blues.

Suggested questions

How many people snore?

Are men the only culprits?

What causes snoring?

How can snoring effect your holiday?

What measures can we take to stop snoring on holiday?

Where can we find suggested remedies?

Handy tips to avoid those holiday blues:

- Do something about the snoring well in advance of your holiday.
- Ask your hotel for help by providing non-feather bedding.
- Make sure you pack your Snore Calm travel pack.

Call Marianne Davey on 01737 245638

PRESS OFFICE SPOKESPERSON AVAILABLE FOR INTERVIEW