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NATIONAL STOP SNORING WEEK 23-27 APRIL 2007

SNORING IS BAD NEWS... for your health

Snorers are 3 to 4 times more likely to suffer adverse health conditions than non-snorers

Snoring is bad for your health according to recent research conducted by the British Snoring & Sleep Apnoea Association (BSSAA). From a study of nearly 3000 participants the research found that snorers were:

- 3 times more likely to suffer the adverse health conditions of hypertension, cardiovascular disease, diabetes and high cholesterol, and nearly
- 4 times more likely to suffer from excessive daytime sleepiness than their non-snoring counterparts.

Although these health risks have been known for many years to be associated with the condition Obstructive Sleep Apnoea (OSA), they have not, until now, been associated with snoring.

Preliminary results also suggest that snoring can be hereditary. Nearly 70% of the snorers in the study demonstrated a biological family link compared with 50% of the non-snorers. The main risk factors of snoring run in families, partly through polygenic inheritance, (factors such as cardiovascular disease and collar size), and partly through a shared environment and lifestyle.

We will be discussing these potential health issues during National Stop Snoring Week, 23-27 April 2007. It is essential to tackle the problem before it's too late.

KEY FACTORS:

Snorers are 3 to 4 times more likely to suffer adverse health conditions than non-snorers.

Risk Factors: Hypertension, Cardiovascular Disease, Diabetes, High Cholesterol, Hypertension and Excessive Daytime Sleepiness.

Snoring runs in families.

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