

According to the British Snoring and Sleep Apnoea Association - Did you know that there are different types of snorer! As this is No Snoring Week, the BSSAA is inviting people to take an on-line interactive 'Sleep Test' to find out what type of snorer you or your sleep partner might be...

This week is National No Snoring Week and based on the latest statistics from the British Snoring and Sleep Apnoea Association (BSSAA) this is a complaint that can affect an estimated 44% of 30-69 year olds in the UK population snore, and over 40% of the UK adult population as a whole. The male to female ratio is approximately 2:1, with 29% of males and 12.5% females snoring.

This year, to help sufferers – both snorers and their sleep partners... the British Snoring and Sleep Apnoea Association is focusing on the importance of diagnostics, and to understanding what type of snorer you are ahead of trying to sort out the best treatment options - yes there really are different types of snorers!

So, to find out whether you are a mouth breather, a tongue base snorer, have small collapsing nostrils or are a multifactorial snorer, help is at hand from the BSSAA, who have an on-line interactive 'Sleep Test' to diagnose what type of snorer you are.

Once you understand more about what is causing your snoring you will be in a much better position to decide what you want to do about it, and the BSSAA also has a lot of sensible lifestyle advice that can help here too, together with a range of suggested treatment options.

The British Snoring & Sleep Apnoea Association is also launching a 'National Stop Snoring Survey' this week to understand the gaps in self diagnosis and treatment to understand what more can be done via self-care at home to help snorers and their sleep partners get a good night's sleep again, and also to help alleviate the pressure on NHS resources.

So for more information and advice either like the British Snoring Association page on facebook or visit the www.britishsnoring.co.uk and follow the links to the 'Sleep Test' or to take the survey. Remember, the more information BSSAA can gather about snoring and its impact on lifestyle, the more they are likely to be able to carry on helping provide the best support and advice for snorers and their partners.

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Take advantage of FREE POSTAGE & PACKING for the duration of National Stop Snoring Week 2019, and watch out for many other offers to come over the next few days.