

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.