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# DON'T FORGET

## IT'S NATIONAL STOP SNORING WEEK 19 - 24 APRIL 2004

### SNORING IS BLAMED FOR HOLIDAY DISASTERS!

From a recent Snoring & Holiday Survey conducted by the British Snoring & Sleep Apnoea Association, 52% of respondents admitted that snoring had adversely affected their holiday.

With 59 million of us taking holidays abroad each year, the last thing you want is to have that long awaited trip ruined by *snoring*...

**Have you ever slept on the balcony, in the bathroom or even gone home early because of snoring?**

**A massive 50% of our respondents have!**

58% of respondents admitted that they avoid sharing a room with a snorer, and in particular avoid caravan, camping or coach holidays. They even avoid taking long flights with a snorer.

don't despair - help is at hand

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