National Stop Snoring Week 2018

Wednesday 18 April, 2018

National Stop Snoring Week 2018 23rd - 27th April

The theme of National
Stop Snoring Week 2018 is ‘Can new technology help the nation stop snoring?’. The aim of the week is to motivate snorers to focus their attention on the problem and inspire them to try and do something about it.

App
apathy - Snorers yet to embrace new technology.

The British Snoring &
Sleep Apnoea Association (BSSAA) conducted a UK wide survey into how new technology can be used as the starting point to achieve a peaceful night's sleep. 1,234 snorers took part revealing that over 82% have not considered using their mobile phone as tool to effectively identify & monitor their snoring problem.

The results of the
survey revealed that, when used, a simple phone app for monitoring snoring can have many positive benefits. Overwhelmingly, it helped give snorers the realisation of how bad their problem was, prompting them to take positive action. A large number of respondents used the app data to show their GP how bad their snoring problem was, with many subsequently being referred to a specialist sleep clinic for a sleep study to test for sleep apnoea.

Snorers are 3 to 4 times
more likely to suffer adverse health conditions than non-snorers, making it essential to identify the cause and find a solution. Using a phone app to monitor your sleep allows snorers to test the efficacy of different anti-snoring solutions. The vast majority of respondents found this to be the most useful feature.

87% believed the data
provided by the app was accurate and an encouraging 76% would recommend using an app to others.

The British Snoring &
Sleep Apnoea Association makes the following recommendation;

1. Use a phone app to
   monitor your snoring on a normal night.
2. Take the
   Interactive Snore Tests to identify to the cause of the snoring and discover the appropriate treatment.
   http://www.britishsnoring.co.uk/itests/
3. Following the
   suggestions made by the Interactive Snore Tests, monitor their effect on the volume and frequency of your snoring using the phone app.

Our survey indicated
that over 95% of snorers would consider using an app to monitor their

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Health ::

Related Keywords:

Snoring :: Snoring Week :: Stop Snoring Week :: Snore :: Snorer :: Sleep :: Apnoea :: Sleep Apnoea :: Apnea :: Awareness Week :: Stop Snoring ::

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snoring.

The British Snoring &
Sleep Apnoea Association is a registered not-for-profit organisation that promotes public awareness that snoring is treatable and, therefore, nobody needs suffer from this troublesome complaint. BSSAA provides help and information to snorers and their bed partners/families, and also offers clinically proven snoring remedies.

Notes:

- Survey conducted
  online between January & March 2018
- 1,234 respondents
- Aged between
  15-65+, average age of respondents:45-54
- 661 males &
  573 females.
- 407 (32%)
  respondents own a fitbit or other wearable
- Snorelab is the
  most used app (used by 69% of respondents)

Facts about snoring:

- 15 million snorers
  in the UK.
- 10.5 million men
  4.5 million women.
- 40-50% of patients
  do not comply with suggested treatment.

- Men
  are louder snorers than women.

- 58%
  of snorers are between 50-59 years of age.
- The average sound of snoring is around 50dB
  but can reach up to 100dB which is the equivalent to listening to a motorbike roaring in your ear.
- Napoleon Bonaparte, Winston Churchill, Teddy
  Roosevelt and even Queen Victoria were all snorers.
- Snorers have less sex than their non-snoring
  counterparts.

For further information
visit http://www.britishsnoring.co.uk
or contact Dan Kew on 01737 245638 or email dan@britishsnoring.co.uk

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