

100 MILLION AMERICANS FIGHTING THE WAR ON THE SNORE

(NAPSA)—It's been more than 35 years since Debbie Smith has had a good night's sleep. That's how long she's been married to a snorer. And, while she loves her husband, his constant "sawing wood" places Debbie among the 62 percent of adult Americans who suffer from some type of sleep deprivation. (Note: names have been changed to protect the snorer.)

Debbie spends most nights nudging, lightly kicking and rolling her husband over to get him quiet. Sometimes his snoring is so loud that she can't even hear the television.

Debbie is not alone in her frustrating endeavors for a restful sleep. With snoring affecting more than half of Americans, studies have shown that bed partners of snorers suffer from insomnia, morning headaches and daytime sleepiness and fatigue.

Studies have found that major contributors to snoring include partial blockage of airway passages and dryness of the throat. Dryness may also be a factor in the loudness of the snore and if there are any accompanying rattling or gurgling sounds.

More than 300 devices, gadgets, medicines and pills are currently on the market that profess to fight the "war on the snore." Many are uncomfortable, some are messy or foul tasting, and some just don't work. For the more intense snorer, surgery may even be recommended. But, the



Products that lubricate the throat can help alleviate some snoring problems.

bottom line is there is no one solution to the snoring problem.

While it may not be a cure, there is a way to get some relief from the discomfort and noise of snoring. Products that lubricate the throat, such as SNORenz, which contains peppermint and almond oil and other all-natural ingredients. These soft-tissue lubricants adhere to the palate to keep the throat membranes moist and soothed.

According to Samuel A. Mickelson, M.D., at Advanced Ear Nose and Throat Associates and director of The Atlanta Snoring and Sleep Disorders Institute, lubrication has definitely been shown to reduce the severity of snoring.

"It is believed that surface tension causes tissues of the palate and uvula to stick together during snoring," explains Dr. Mickelson. "When these tissues are coated with a lubricant, it reduces the surface tension and makes tissues less likely to vibrate and cause less noise."

Whether it is due to a partner's snoring or suffering from a more serious sleeping disorder such as sleep apnea, sleep deprivation is not something to be taken lightly.

Sufferers of serious sleep disorders should be evaluated by a medical sleep professional.

Lack of sleep leads to other serious complications, such as impairment of driving ability and lower levels of job productivity. Tips that may help in getting a good night's sleep include:

- Avoiding alcohol several hours before retiring
- Not sleeping on a full stomach
- Sleeping on your side or stomach, positions where less snoring usually occurs
- And, keeping a healthy bodyweight—being overweight has been proven to contribute to snoring

If you are among the 100 million Debbies in the world who are fighting the War on Snoring, there are drug-free, comfortable options to help the battle.

You can find information on SNORenz as well as more helpful hints, snoring causes and treatment by visiting www.snorenz.com.