

SNORESHIELD

*a low cost & simple to use
self-diagnosis option*

Snoreshield is a preformed thermo plastic boil & bite mandibular advancement splint.



Fit and Comfort

In order to maximize comfort **Snoreshield** needs to be placed in boiling water for 15 seconds and then moulded to the contours of your teeth.

Clinical Effectiveness

Snoreshield reduces the level of snoring for some snorers.

Snoreshield has a life expectancy of circa 1 month and costs £9.99

For more information visit
www.solutions4snoring.com/snoreshield

snoring and daytime sleepiness



providing quality sleep
for you and your partner

 **Solutions4Snoring**

For more information
call 0870 720 2180 or visit www.solutions4snoring.com

What is snoring?

Snoring is caused by a partial closure of your airway during sleep due to a relaxation of the muscles in your neck. The soft tissue then vibrates to cause the sound of snoring.

How is it affecting my health & lifestyle?

Snoring has an immense impact on the health and quality of life for the snorer, the snorer's partner and family. The lack of sleep caused by snoring has wide reaching effects such as:-

- daytime sleepiness
- lack of energy
- high stress levels
- poor motivation
- tiredness while driving
- reduced effectiveness at work

In addition snoring and sleep related breathing disorders contribute to other serious health and lifestyle issues.

Increased Blood Pressure / Hypertension

In some cases the snorer stops breathing which results in a reduction of oxygen in the blood. The brain detects this shortage and ensures adrenalin is released hence causing a partial awakening. This causes the blood pressure to rise when it should be low.

Headaches

Snorers and their partners are more prone to headaches on awakening in the morning due to reduction in oxygen levels.

Relationships

Many snorers sleep in different rooms to their partner. Snoring causes arguments and is said to be the third most common reason for couples separating.

Sex Drive

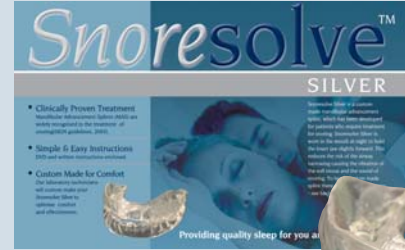
It is understood that the sex drive of both the snorer and the snorer's partner may be reduced by the lack of energy caused by continuously interrupted sleep.



SNORESOLVE

a highly effective & tailor-made self-diagnosis option

This self-diagnosis option is for patients who require a cost effective solution and do not require assistance from a trained healthcare professional.



Fit and Comfort

Snoresolve is tailor-made within our laboratory using impressions of your teeth taken by yourself which you send to our laboratory - materials and postage bags are provided within the box. **Snoresolve** is a one piece appliance made from a soft material.

Clinical Effectiveness

The role of mandibular advancement splints (MAS) in the management of snoring is widely recognised SIGN guidelines, 2003. This type of splint is used by many hospitals.

Snoresolve has a life expectancy of 6 to 12 months and costs £49.99 equating to a cost of less than 20 pence per night.

For more information visit
www.solutions4snoring.com/snoresolve