

YOUR HEALTH

Waking Up To The Weighty Effects Of Snoring

(NAPSA)—Recent studies have revealed some eye-opening facts about snoring. For instance, not only can snoring keep you awake, it could keep you from losing weight. Here's a closer look:

Snoring And Weight Loss

While snoring alone cannot make you overweight, losing sleep may—and snoring has been linked to excessive sleep loss. A study among 1,000 adults conducted at the Universities of Stanford and Wisconsin found that people who sleep less tend to be fatter. A similar study at the University of Chicago revealed that subjects who slept less had a larger body mass index. Additionally, a study among 18,000 adults conducted at Columbia University showed that people who sleep less tend to be fatter than others.

Health Effects Of Snoring

In addition to weight gain, studies have linked snoring to diseases including diabetes, heart disease and stroke. Snoring has also been linked to low birth rates.

Secondhand Snoring

The National Sleep Foundation in 2004 reported that 90 million households in America have someone who snores. Snoring forces one in ten couples to sleep apart and causes bed partners to lose an hour of sleep every night.

Who's Snoring

Snorers aren't only disrupting the quality of their own sleep, they are also ruining the health and well-being of their partners



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and straining personal relations. Snoring-related sleep loss can trigger a vicious self-perpetuating cycle leading to fatigue, less intimacy, anger, overeating and weight gain.

Treating Snoring

One key to alleviating snoring is to increase nasal air flow, thereby promoting freer breathing and discouraging mouth-breathing discomfort. That's why products such as Breathe Free have been found effective. The FDA-approved u-shaped "clip" fits comfortably at the base of both nostrils while adhering to the septum. Applying gentle pressure on the septum, the dilator stimulates the nasal septum, reducing congestion and permitting freer air flow. The product is completely drug free and economical to use. The nasal dilator is available in unscented, menthol and eucalyptus.

For more information, visit www.breathefreer.com.