What is sleep apnoea?

Sleep apnoea is a condition where your airway narrows or collapses during sleep, stopping airflow to your lungs for more than 10 seconds at a time.

Signs of sleep apnoea when asleep are:

- ✔ Excessive and/or loud snoring
- ✔ Gasping or choking during sleep
- ✔ Pauses in breathing during sleep

Signs of sleep apnoea when awake are:

- Daytime sleepiness
- Difficulty concentrating
- Morning headaches
- Feeling irritable or depressed

NEW Oral Device

HOW IT WORKS

Gently advances and maintains the position of the jaw, helping to clear the obstructed airway.

HOW TO USE

Mould using boil-and-bite method and use the screws to correctly adjust the lower jaw forward.

KEY BENEFITS

- ✔ Customised to fit in less than 5 minutes
- ✔ Effective against mild/ moderate sleep apnoea
- ✔ Fully adjustable
- ✔ Soft inner layer providing a secure comfortable fit

Nasal Spray

HOW IT WORKS

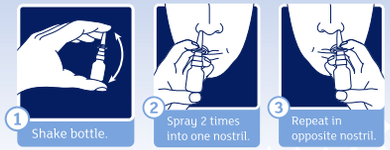
Helps decongest the nasal passages and opens the airways.

HOW TO USE

Spray twice into each nostril before bed.

KEY BENEFITS

✔ 8 hours proven and effective



Nasal Strips

HOW IT WORKS

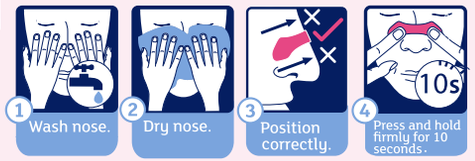
Gently helps open the airways to improve airflow.

HOW TO USE

Apply to the surface of the nose.

KEY BENEFITS

- ✔ Latex-free
- ✔ New design & improved performance



Passion For Life Healthcare (UK) Ltd
Pioneer House
Pioneer Business Park
North Road
Ellesmere Port
CH65 1AD

pfl HEALTHCARE

snoreeze.com

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snoreeze

Snoring relief

The facts about snoring

The causes of snoring

Snoring is the sound made when the soft tissue in your upper airway vibrates during sleep. If your airway is obstructed, your lungs strain to inhale and exhale. This causes an increase in air turbulence, resulting in vibration of the soft tissues and the snoring sound.

Cause: ORAL

Mild-to-moderate snorers

For the majority (80%) of snorers, snoring is caused by relaxed muscle tension at the back of the throat. This narrows the upper airway and makes the soft tissue vibrate; this is referred to as the main cause of snoring.

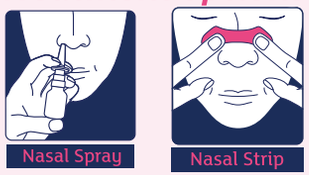
Treatment options:

Cause: NASAL

Snoring caused by nasal congestion

Some people snore due to a cold or allergy. Congestion of the nasal passages can restrict or block airflow through the nose. This forces more breathing through your mouth, which can lead to snoring.

Treatment options:



Contributing factors

Alcohol
Dehydrates and relaxes the soft tissue at the back of the throat

Weight
Increased mass around the neck restricts your ability to breathe freely

Pregnancy*
Snoring is a common problem during pregnancy, particularly in the third trimester

Smoking
Irritates and dehydrates the soft tissues

Age
As people get older, muscular strength decreases

Medication
Relaxes the soft tissue at the back of the throat

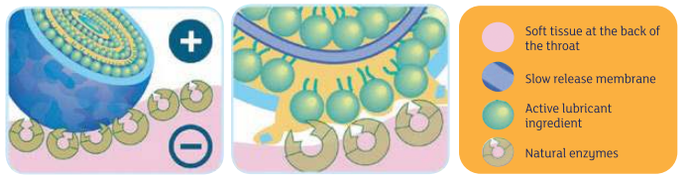
Colds, allergies or a blocked nose
Obstruction of the nasal passages can limit or block airflow through the nose, forcing you to breathe through your mouth

**If you are pregnant or breastfeeding you should consult your doctor before using Snoreeze products*

Why is Snoreeze unique?

Snoreeze uses unique microsphere technology to ensure that snoring relief is delivered throughout the night.

Multi-layered microspheres encapsulate the active ingredients in the Snoreeze formula. These 'onion-like' structures provide a controlled, time-release effect and are clinically proven to be effective for up to 8 hours.



8 HOUR ACTION

The Snoreeze range

Throat Spray

HOW IT WORKS

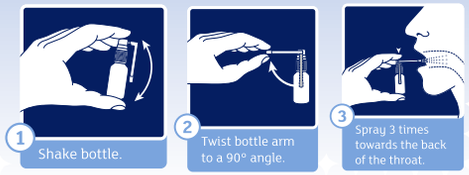
Helps tone and lubricate the soft tissues at the back of the throat.

HOW TO USE

Spray 3 times into the back of the throat before bed.

KEY BENEFITS

✔8 hours proven and effective



Oral Strips

HOW IT WORKS

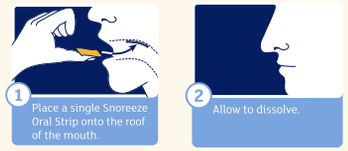
Helps tone and lubricate the soft tissues at the back of the throat.

HOW TO USE

Place onto the roof of the mouth, strip dissolves instantly.

KEY BENEFITS

✔8 hours proven and effective
✔Non-liquid formulation
✔Convenient for travelling



Lozenges

HOW IT WORKS

Helps tone and lubricate the soft tissues at the back of the throat.

HOW TO USE

Place on the tongue, dissolves in 3 minutes.

KEY BENEFITS

✔Non-liquid formulation
✔Convenient for travelling