SCIENCE WHILE YOU SLEEP

PLEASE DONATE Snore recordings to help people with sleep disordered breathing

SMARTPHONE APP AVAILABLE!

The University of Sheffield
Snoring

Is the sound made when your muscles relax and the soft tissues in your upper airway vibrate during sleep.

62% women
69% men
Admit to snoring

Partial Obstruction

Sleep apnoea

Is when your throat becomes so relaxed during sleep that your airway collapses or becomes blocked. It can affect people of all ages and genders.

Complete Obstruction

If left untreated it can cause:
- Heart disease
- High blood pressure
- Stroke
- Depression

Our research currently focuses on a smartphone app which will detect and assess snoring through various analytical procedures, including acoustic analysis of snore recordings.

To build this app we need a better understanding of the variability of snore sound.

We are therefore looking for both female and male volunteers (age 18+) who would be happy to record their snore sound for 7-nights.

Would you like to help us? Then please contact us by email on either

a.beeston@sheffield.ac.uk or info@passionforlife.com

Dr Amy Beeston
Department of Computer Science,
University of Sheffield, S1 4DP.

PFL Healthcare
Pioneer House, North Rd,
Ellesmere Port, CH65 1AD.