SCIENCE WHILE YOU SLEEP

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

Partial Obstruction

62% women
69% men

Admit to snoring

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

An ‘APNOEA’ is when your airway is blocked for more than 10 seconds at a time

You can stop breathing more than 30x an hour

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

58% UK
58% 18-24
56% Wales
72% Scotland

Admit to snoring

1 in 4

More than 1 in 4 drivers say they have fallen asleep or been close to falling asleep at the wheel.

3x as many male drivers as female drivers admit to having fallen asleep at the wheel.

Only 7% of snorers have purchased a snoring relief product

86% of snorers say snoring causes arguments between them and their partner

The signs of sleep apnoea:
- Loud snoring
- Feeling dizzy during the day
- Morning headaches
- Lack of interest in sex
- Poor memory and concentration
- Inability to socialize
- Snoring

Mild to moderate sleep apnoea can be treated with a CPAP machine. Severe sleep apnoea is best treated with a CPAP machine.

PLEASE DONATE SNORE RECORDINGS
To help people with sleep disordered breathing

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