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Press Release

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Headline - SLEEP APNEA EDUCATION MAY SAVE MORE THAN YOUR HEALTH

Snoring is the warning for a possible Health Risk

VICTORIA, B.C. A Silent Night? For family, friends and co-workers of someone who snores, silence is something they can only dream about.

If you snore, not only could you be depriving yourself and others from restful sleep, you could very likely be suffering from Obstructive Sleep Apnea – a debilitating condition that can have serious impacts on your health and daily life.

Obstructive Sleep Apnea (OSA) is defined as a sleep and breathing disorder that blocks your airway and stops breathing while sleeping. By blocking your airway, you deprive your body of oxygen repeatedly during sleep. This can lead to serious health impacts that can include high blood pressure, stroke, heart disease, impotency, diabetes and reduced brain function.

Experts warn snoring's impact is widely felt. Problem is, snoring problems can sound like a joke complaint. However, it is no joke: besides the health risks, snoring has been known to destroy relationships. When a partner is sleep deprived, they can be irritable, make irrational decisions and feel physically ill.

So what can you do to silence those snores, and prevent sleep apnea? Snoring is the first indicator of OSA, so treating the snoring can also treat OSA – saving relationships and saving lives.

For some people, lifestyle changes can help in treating snoring and OSA. Extra weight, smoking, alcohol use and exercise are often prevalent in diagnosed patients. However the majority who are undiagnosed are often generally healthy and can only report fatigue, daytime sleepiness or other health problems that a doctor may diagnose as stress, or another disorder. Those concerned should seek advice from their doctor.

Snorers may be advised to seek a solution ranging from surgery to wearing a night-time mask and mechanical breathing apparatus. A new item on the market – the AveoTSD – is a small tongue stabilizing device that can fit in your pocket.

The evidence seems clear -- treating snoring stops family sleep disruption and the potential health effects of OSA. Check out a treatment option that is inexpensive and unobtrusive: www.aveosleep.ca

For further information on the AveoTSD go to www.aveosleep.ca. AveoTSD is distributed in Canada by Ethics International Business and Trade.

For further information, or to arrange a media interview, call 1-866-440-AVEO (2836)

This release is also available at www.aveosleep.ca