



Stops snoring, changes lives

What is snoring?

Snoring is usually caused by a partial obstruction of the upper airway behind the tongue. When we're awake, our breathing is unobstructed as our body consciously keeps our upper airway open. But when we're asleep, the muscles around our airway relax, and the airway often becomes narrower. For most people who snore, air rushing through the narrowed opening causes the soft tissue in this part of the upper airway to vibrate, making the sound of what we call 'snoring'.

What can be done about it?

SnoreMeds is a custom-fitted mouthpiece that you wear while you sleep. Highly effective with 85% of snoring sufferers, it works by gently moving the lower jaw slightly forward, opening the throat and keeping the airway unobstructed. This eliminates the vibrations we know as snoring. The benefits are immediate, and after just one night of wearing SnoreMeds, you will wake up refreshed and energised, free from the negative effects of snoring.



Try this simple test for yourself.

Move your lower jaw forward, try and snore! Now you can see for yourself that if your lower jaw is held forward, this automatically opens the airway and prevents you from snoring.





SnoreMeds

Snoring is no laughing matter!

It affects your mood, your health, your sex life, your weight, your ability to work and drive. Long-term sleep deprivation due to snoring can lead to:

- Daytime drowsiness
- Decreased libido
- Headaches
- Anxiety
- Depression
- Weight gain
- Increase in blood pressure
- Heart ailments
- Stroke

What people are saying about SnoreMeds

It's amazing! I used to sleep 8 hours and wake up exhausted. Now I wake up totally refreshed!
John Oosthuizen

Who would have thought that something so simple could make such an enormous difference to one's life!
Sue Johnson

I can't believe how much energy I now have! It's like I've got my life back!
Greg Peters

This really works, I have tried so many solutions and such a relief not having to consider surgery.
Wendy Moss

www.SnoreMeds.co.za



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recommended by
dentists and doctors

Available online
www.SnoreMeds.co.za
and selected outlets

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It's not how much sleep you get, it's the **quality of sleep** you have that counts!



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