

MediSnore

Unti Snoring gor Silent “Snoreless” Nights

What causes snoring ?

Snoring is the noise made by the vibrations of soft tissues in the throat when breathing during sleep. The main cause of snoring is narrowing of the upper respiratory airways due to partial collapse of the structures in this region. These are the tissues at the back of the throat, which are prone to become looser with age, carry excess weight or drink alcohol. During sleep these tissues relax, vibrations created by air movement during breathing which cause the noise of snoring.

People who snore may suffer from:

- Poor muscle tone in the tongue and throat mainly due to overweight snoring is aggravated by sleeping on the back.
- Excessive bulkiness of throat tissue mainly due to smoking or nasal congestion.
- Snoring disturbs sleeping and deprives the snorer of appropriate rest.
- Obstructive sleep apnea.

How does MediSnore work?

Recent clinical studies and observations^(1,2) found that lubrication of the throat that is back of the throat where snores are formed, will stop most of the snores.

MediSnore is an implementation of these observations.

MediSnore was clinically tested and found safe and effective.

MediSnore contains a unique blend of oils.

MediSnore Throat Spray works by actively lubricating the tissues in the throat throughout the night. It avoids or reduces the vibrations that causes snoring.

Ingredients: Mixture of mineral, eucalyptus and spearmint oils, Glycerin, Tween 80, Mono-Ammonium Glycyrrhizinate.

References:

- (1) The use of essential oils to treat snoring, Andrew J. N. Prichard * Royal Shrewsbury Hospital, Shrewsbury Hospital, Shrewsbury .*Phytother. Res.* **18**, 696-699 (2004)
- (2) **Snoring Imaging: Could Bernoulli Explain It All?** DOI: 10.1378/chest.128.2.896 *Chest* 2005;128;896-901 Igor Fajdiga

