

PRESS RELEASE - NATIONAL STOP SNORING WEEK - APRIL 2023

Scientific Study: Fragmented Sleep Linked to Early Death

An increase in fragmented sleep is the “strongest predictor of mortality,” according to a new review of sleep studies.

Fragmented sleep – when people wake up briefly several times at night without remembering it – is different from waking up and realising you’re awake, researchers say. This pattern is reported in sleep disorders like insomnia and sleep apnoea.

In their research, which appears in the journal Digital Medicine, scientists assessed 12,000 studies investigating characteristics of individuals during their sleep – including chin and leg movement, breathing, and heartbeat. The study was reported recently in The Independent, [“How your sleep could be ‘strongest predictor’ of when you will die”](#)



Scientists from Stanford University developed a system using machine learning to predict a person’s “sleep age” – and identify sleep variations most closely linked to mortality.

Researchers say that sleep age is a person’s estimated age based on the characteristics of sleep that are linked to their health. Previous research has shown that disturbed sleep is a primary factor in many medical disorders.

For example, Parkinson’s disease patients said that in most cases, they violently acted out dreams up to 10 years before other symptoms showed.

Fragmented sleep and sleep apnoea

Doctors have long recognised that frequent pauses in sleep – night after night – are a sign of obstructive sleep apnoea (OSA), a medical condition. These pauses occur when airways are briefly blocked, depleting the brain and body of much-needed oxygen.

Over time, this can lead to heart problems, diabetes or dementia. It is critical to get treatment for sleep apnoea.

The Somnowell device has helped many who suffer from snoring and mild/moderate OSA get a good night’s sleep -- with OSA symptoms under control. No more snoring, no more fatigue, no more daytime sleepiness and drowsy driving.

The Somnowell device is worn similar to a dental retainer, and is customised to fit your specific mouth -- so you’ll be very comfortable wearing it.

If you snore or have mild to moderate OSA, the Somnowell Chrome is all you need to get the oxygen you require during the night... And it’s just what your body needs to get enough restorative sleep, night after night.

National Stop Snoring Week

National Stop Snoring Week is 18th - 22nd April... a perfect time to address your snoring and OSA issues. AND take advantage of our exclusive promotion. We’re offering a **£95 discount** on the Somnowell Chrome... **you won’t see this discount again this year.** [CLICK HERE TO BOOK A FREE CALL WITH A SLEEP EXPERT](#)