

SNORING – OUR BIGGEST PROBLEM WITH ROOMMATE MATCHING

Over the years we've experienced plenty of occasions where snoring was an issue. In extreme cases a person had no choice but to see if the hotel had another room so they could get some rest. If you have marked down that you do snore on the trip form we make an attempt to room you with another person who snores but if that's not possible you really need your own room. We really need you to be honest with us to avoid a difficult situation.

Not sure if you snore or to what level? Please download the app Snorelab. It's a free app. Check this link:

<https://apps.apple.com/us/app/snorelab-record-your-snoring/id529443604>

Once you use this app you will have a number and it will show you if you are light, moderate or heavy snorer. If your number is over 50, you are a heavy snorer and need to let us know. You will also be able to click on the graph and listen to the recording.

I was in the 70's myself and decided to see what I could do about it. My dentist told me about a mouth guard that extends your lower jaw to allow more air to flow. His device was custom and cost close to \$3,000. Then I found SnoreRX. Same concept only about \$60 at CVS. You follow the directions and they have a youtube video that makes it easy to make an impression of your teeth. Then you adjust it. I have found the best results for me on number 4. I used the Snorelab app with the appliance in and my numbers dropped into the 20's. I'm now a light snorer most of the night. Not only that but I'm feeling so much better and enjoying dreams better than ever. So, if your numbers are over 50 on the Snorelab and you really don't want to have to pay for your own room maybe you should try this appliance to see if you can improve your score like I did. Here's the link to read more: <https://www.cvs.com/shop/brand-shop/s/snorerx>