

# SLEEP SOUNDLY

**Losing sleep because of a snoring partner or waking up to the din of your own snoring?**

**C**HIN-UP Strips, the patented and FDA-approved treatment for snoring is now available to help those suffering from snoring.

Snoring is a common sleep disorder that affects up to 40% of Malaysians and poses many health implications. Besides disrupting sleep, snoring deprives both you and your partner of rest and this can pose the following health problems:

- Daytime fatigue, tiredness and sleepiness
- Increased risk of cardiovascular disease such as high blood pressure
- In addition, snoring is potentially a symptom of sleep apnea, which can be fatal.

## What Is Snoring?

Snoring is the sound created by the vibrations of tissue against each other in the back of the throat and nose. It is usually caused by obstruction in the air passage way.

## What Causes Snoring?

While there are many reasons snoring occurs, such as a narrow air passageway, excessive fat or weak muscle tone in the throat area or because of a blocked nose, the most common reason is mouth breathing. This is because as you grow



Don't lose another night's sleep because of a snoring partner - Chin-Up Strips is the key to getting relief from snoring.



older, your muscles become weaker and your jaw drops open when you sleep. This will cause mouth breathing and loud snoring.

## Chin-Up Strips To Prevent Mouth Breathing And Stop Snoring

To reduce or stop snoring, you have to keep your mouth closed when you sleep and breathe through your nose.

Chin-Up Strips is a patented and FDA-approved hypoallergenic medical tape designed to support your chin and to keep your mouth closed as you sleep. This will:

- Reduce and prevent mouth breathing
- Encourage natural nasal breathing
- Help stop and eliminate snoring

Besides this, Chin-Up Strips can also help prevent oral venting and dry mouth. It is also widely used by sleep apnea sufferers in conjunction with their CPAP treatment. However, please take note that Chin-Up Strips do not treat sleep apnea.

Since its launch, more than 4 million Chin-Up Strips have been sold. It is bought by snorers who are concerned about their frequent snoring.

The strips are also purchased by spouses of snorers who are also plagued by a constant lack of sleep or are concerned with their partners' health. In fact, more people are starting to take their snoring problems seriously.

Chin-Up Strips is an anti-snoring device highly recommended by doctors and sleep experts worldwide due to the following reasons:

- It is 100% safe and natural. It works "mechanically" to stop snoring by closing your mouth. It is non-invasive and is chemical-free.
- Approved by the FDA, it is an effective snoring treatment that is widely sold in the United States, United Kingdom and Japan.
- There is no discomfort involved and is a simple device that can be used easily by anyone - men or women.

"By keeping the mouth closed, snoring is largely eliminated. Most snorers snore with an open mouth and only a very few individuals are able to snore loudly with a closed mouth," Hospital Sleep Center doctor, Asheville, North Carolina, United States.

## Product Info

At only RM19.90 for a 10 day-supply, Chin-Up Strips is an affordable snoring remedy and relief aid. It is available at the following pharmacies: Caring, Vitacare, Health Lane, Constant, Revive, Maycare, Pinang Medical Supplies and other leading pharmacies.

For further information on Chin-Up Strips, please call 03-2287 2522 or visit [www.beautyimpress.com](http://www.beautyimpress.com)