

## Snorekil

A Welsh inventor has come up with an award-winning device which offers hope to people – and their partners – whose sleep is wrecked by snoring.

An estimated 30 million people in the UK – almost half the population – have

their night's sleep disrupted by snoring, according to the British Snoring and Sleep Apnoea Association.

It's such a big problem that it has spawned a host of products and treatments, from sprays, nasal strips, dilators and chin straps to gumshield-like mouth appliances and oxygen masks.

Paul Cattell, a dental technician with 35 years experience, was living and working in Canada when he carried out research into MADS – mandibular advancement devices – which work by holding the sleeper's lower jaw in a position to help keep airways open.

He was particularly concerned about fatal road accidents involving truckers suffering from apnoea, where soft tissue in the throat area repeatedly closes up during sleep, momentarily cutting off the air supply to the lungs and forcing the victim to wake up to breathe. The truckers affected struggled to keep awake during the day.

Mr Cattell's answer was to design the Snorekil, a device made from soft vinyl which, when warmed in hot water, moulds itself comfortably around the teeth of the snorer. It can be adjusted to stop the lower jaw sagging backwards in sleep, causing a partial blockage and the familiar, repetitive,

rasping noise which can lead to thoughts of divorce and murder.

Mr Cattell, now based in Rhos-on-Sea, set up links with Welsh companies that

could make the tooling and provide the injection moulding and set up a business, Sleepworks Ltd, with his wife Marie, to bring the device to market.

With the help of Wales Innovators Network they took the Snorekil to the Geneva International Exhibition of Inventions – the world's biggest event of

its kind – and came away with a medal in the health section. The Snorekil then won a further medal at the British Invention Show in London in October.

Snorekils are now being trialled by the medical profession, including the outpatients clinic at Ysbyty Gwynedd Hospital in Bangor and orders are being

placed on their website [www.snorekil.com](http://www.snorekil.com). Sleepworks Ltd is also in talks with a national distributor to the dental industry.

Mr Cattell said "Snoring and apnoea can cause serious problems for many people who become desperate for a good night's rest. It can affect performance and judgement during the day and sufferers need to be particularly careful if they are driving or operating machinery.

"After a lot of research, our objective was to make a non-invasive, adjustable, comfortable, effective and affordable over-the-counter device.

For those who need a custom-made device, the Snorekil can also be used by dentists as a template diagnostic tool to help get the final fit right."

Sleepworks Ltd is receiving development advice from Entrepreneur Action under the Welsh Assembly Government's General Support for Business programme.

Mr Cattell said “We have had tremendous help from the Welsh Assembly Government in setting up the business, including putting us in touch with manufacturers, website designers and enabling us to exhibit Snorekil in Geneva.”

The Price of the "Snorekil" is £49.99

For further details there is a helpline Tel number 01492 541886.