

Snoring & Sleep Apnea



Have you ever slept outdoors or with your bedroom window open, and woke up in the morning feeling more refreshed than usual? You can thank organic air for that! But since sleeping outdoors isn't very conducive to most lifestyles, and weather often prohibits keeping windows open all night, we need an alternate solution to reduce our indoor air pollution. Aka: AirRestore Organic Air Technology.

Breathing fresh, organic air all night long has amazing benefits. With an AirRestore in your bedroom, you can experience these benefits all night, every night!

Article from the HARVARD SCHOOL OF PUBLIC HEALTH:

Published online in the American Journal of Respiratory and Critical Care Medicine.

Studies show sleep-disordered breathing, including sleep apnea and snoring, increases with air pollution. Given that most indoor air is generally 5 TIMES more polluted than outdoor air, this is **a big concern. What is the solution?**

AIR POLLUTION LINKED TO SLEEP BREATHING PROBLEMS

— Air pollution increases the risk for breathing problems during sleep, researchers have found. Air pollution has long been known to have a negative effect on health, says researcher Antonella Zanobetti, PhD, a senior research scientist at the Harvard School of Public Health. “With this study, we found air pollution also increases the risk of poor sleep,” she says. More specifically, air pollution increased the risk of sleep-disordered breathing, a group of disorders including sleep apnea, in which breathing stops briefly during sleep. Up to 17% of U.S. adults have sleep-disordered breathing; although many are unaware they have the problem.

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