

Family doc relieves snoring for self and others

Would you spend \$5 per month to stop snoring, breathe more freely, and enjoy more restful sleep? Dr. Adam Alpers would.

He's one of the millions of Americans that snores. As for many other snorers, Dr. Alpers, a family doctor in Ocala, Fla., sought relief through numerous non-medical devices on the market. In fact he tried most every device available, but none provided relief.

The disturbing sound alone prompts many snorers to seek help. But Dr. Alpers knew his problem went deeper, that he wasn't getting enough oxygen while sleeping. "I was always tired and fatigued waking up in the morning," he says.

He had a full work-up for sleep apnea, but that wasn't the problem. They even hooked him up to a CPAP (continuous positive airways pressure) machine-and-mask combination that forces air through the nostrils. But Dr. Alpers wasn't a candidate for CPAP.

Nothing really helped. "In my frustration", I said, "There must be a better way." "

Dr. Alpers began "shoving things up his nose" to see what might help. He fashioned devices of various materials and tried them overnight to see whether any would provide relief.

Finally one of the plastic devices he fashioned seemed to help. He knew he was onto something when he began feeling more rested upon awakening in the morning.

He took the idea a step further, reasoning that if the device worked for him, it might help others as well. Dr. Alpers contacted a patent attorney, received a patent for his invention, and located a plastics fabricator suited to producing the device. That was the beginning of DocSchmenke™ Snorend™.

The Snorend™ device is roughly the size of a quarter and resembles a clip or fastener that might be used to hold phone cable in place along a baseboard. When in use, the U-shaped device gently holds open the nostrils and nasal passages to promote proper breathing.

Does it work for everyone? Most people who use Snorend™ find relief, Dr. Alpers says. It can help improve breathing problems from numerous causes, including emphysema, the common cold, allergic rhinitis, a deviated septum, and asthma. But it doesn't work for everyone. For those who don't find relief, Snorend™ comes with a money-back guarantee; details are listed on the web site.

Snorend™ became available in January. The cost is \$14.95 for three Snorend™ devices in a package. The device is designed to be used for up to 30 days, then discarded. Snorend™ comes in two sizes, small and medium. One of the two sizes fits most people. The small size usually works best for women (yes, women snore too) and the medium fits most men.

For more information

Doc Schmenke™ Snorend™ is available through Dr. Alpers' family practice, Prompt Primary Care, **888-4-SNOREND** or **888-476-6736**, and through Franck's Pharmacy, which is near his practice in Ocala. Snorend™ is also available on Dr. Alper's web site, **www.snorend.com** or www.docschmenke.com. In time Dr. Alpers hopes to expand

distribution of Snorend™. – David Krause