



## SNORE NO MORE!

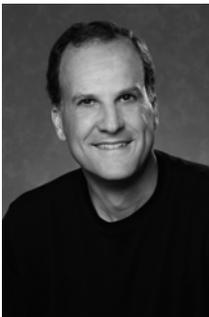
Remedies and Relief for Snorers and Snorees Everywhere

By Rob Simon Contact: [rob@snorebook.com](mailto:rob@snorebook.com) • 303-641-0946

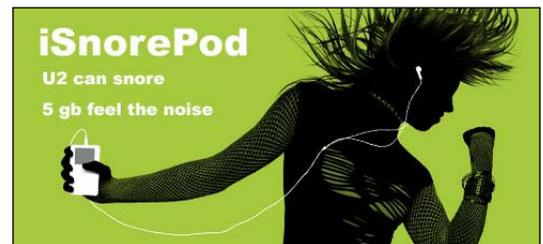
# PRESS: Fact Sheet

- America is a snoring nation! More than 90 million adults snore, and that means there are perhaps another 90 million people – the snorees – who try to live and sleep next to them.
- Women, this book is especially for you. Since men are twice as likely to snore, those suffering the most from this nightly nuisance are women.
- Why this book is different. This book is the first of its kind – a *funny* self-help book, providing serious, well-researched advice and comic relief for one of America's most widespread problems. It's also the first book to speak to both the snorer *and* the snoree.
- Introducing the “snoree.” The snorees are the ones trying to sleep with the snorer. They are the ones suffering even though they aren't the ones with the problem. This book is the first to "feel their pain" and make them laugh a little about it, while giving them practical advice on how to get a good night's sleep.
- The book works! It stops snoring (especially if you throw it at someone), it saves relationships, and it makes snorers and snorees laugh.

### *Why The Author, Rob Simon, Will Make a Great Media Interview*



- He is an authority on snoring and has been a human guinea pig. In his personal quest to stop snoring, Rob has tried just about every cure. He has had three operations; removed his uvula before he even knew where it was; used lasers and acid rinses; tried herbal sprays; lost weight; and experimented with just about every device, strap and oral appliance. He has visited every web site, and read almost every book on snoring. He still snores, but he knows everything about it.
- He is a funny, engaging guest or interviewee. Rob is a humor writer, former advertising executive, and lifelong snorer. He has had his own radio show and humorous newspaper column and is comfortable in front of the camera and other media.
- There are lots of great visuals! The author will bring his self-made “I-Snore-Pod” loaded with MP3s of famous snores; he will bring his “doctor kit” of devices that he has tried; and he can bring photos of some of the wild anti-snoring inventions that have been patented since the early 1800s.



See more at [www.snorebook.com](http://www.snorebook.com)

*Not for reproduction or Steve Jobs will sue us all!*

SNORE NO MORE! Remedies and Relief for Snorers and Snorees Everywhere by Rob Simon  
Andrews McMeel Publishing • ISBN: 0-7407-5036-4 • \$12.95 (\$18.95 Canada) • Hardcover 240 pp