

## Have A Better Time In Bed

If you're feeling tired and irritated even after a good night's sleep, your partner's snoring could be to blame. Research from the Mayo Clinic in the US found women whose partners suffered from sleep apnoea - floor-board-rattling snores caused by weak throat muscles - lost an hour's sleep a night. That's a night's sleep in a week! And lack of sleep can have huge health implications such as weight gain, difficulty concentrating



and a higher risk of accidents.

But here's the good news: apnoea treatments available range from a plastic device that widens the nostrils to improve airflow, to a neck collar which keeps the snorer's jaw held forward. Surgical options include straightening the septum inside the nose, or removing nasal polyps or enlarged adenoids which restrict breathing. Consult your GP.

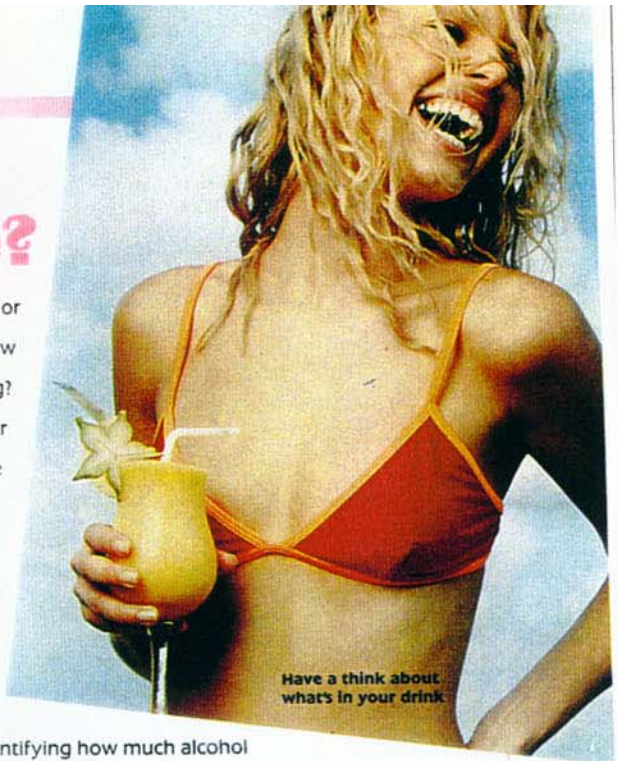
Call the British Snoring and Sleep Apnoea Helpline on 01249 701010.

## Double Trouble?

■ When push comes to shove - or stagger or sway - do you know how much you're really drinking? Could you identify whether your drink has been laced or if you've been given a single shot rather than the double you asked for? Statistics from a study conducted by City Hospital and The University of Birmingham show we

are incredibly bad at identifying how much alcohol

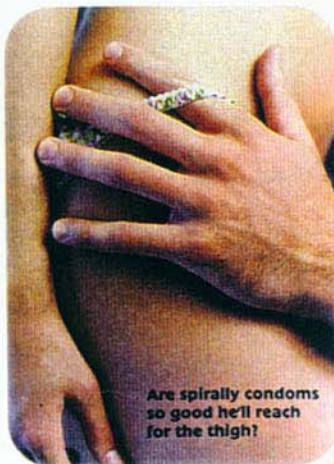
we consume. Fifty per cent of the drinkers tested couldn't identify large spirit measures (3-4 units) added into orange juice or lager. To ensure you're not caught over the limit or overcharged, be vigilant. Always check whether you're being served singles or doubles.



Have a think about what's in your drink

Time to take your trainers out of the box and sign up for A Race For Life, to raise money for the Imperial Cancer Research Fund's battle against women's cancers. There are 61 women-only walks and runs taking place from May to August across the country. Go on, make a difference.

Call 087050 134 314 for more information or visit the website at [www.icnet.uk/raceforlife](http://www.icnet.uk/raceforlife)



Are spirally condoms so good he'll reach for the thigh?

## Rubber Revelations

■ "More sex please" was the response from 62 per cent of male and female testers of inSpiral, a new spiral-shaped condom. "These condoms heighten sexual pleasure," says Edward Freeman from Marie Stopes International. The new shape and spring-action design of inSpiral can help stimulate you to achieve quicker and easier orgasms! inSpiral condoms are available from Boots; £2.99 for 3 or £9.99 for 12.



**Treat a papercut with powdered cinnamon. Its anti-bacterial and anaesthetic effects ease the sting and the cut will heal faster.**