

#1 original anti-snoring device that really works!

## BUONANOTTE

Over 80% of Australian middle-aged men snore for more than 10% of the night!

Medical Journal of Australia. Volume 188 17 March 2008

## BUONANOTTE

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## Tips for a good nights sleep

- 1. Avoid excessive caffiene, sweets & dairy 2. Develop a routine (time to go tobed)
- 3. Exercise at least 30 minutes a day
- 4. Use Buonanotte every night to ease your snoring