

# 50% of American Adults Snore — Is snoring **DESTROYING** your life?

Interview breathing and sleep expert Tess Graham



With extraordinary and consistent success, **Tess Graham** has delivered her ground-breaking breathing retraining to more than 5,000 people over the last 20 years. Helping people with snoring, sleep apnea, asthma, anxiety and panic disorders has been her mission since witnessing her own children's recovery from the scourge of asthma and sleepless nights.

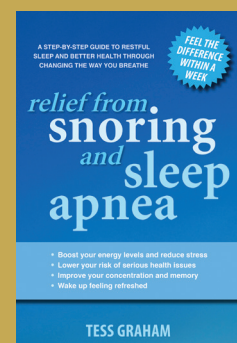
Tess has a Bachelor of Science and post-graduate qualifications in physiotherapy and breathing retraining. The creator of the BreatheAbility® for Health seminars and programs, she has given thousands of people a new lease on life, saved countless relationships and educated hundreds of health professionals in her methods.

## Story Ideas

- Snoring: The Unrecognized Threat That May Be Killing You Slowly – 3 things to do today to snore less tonight.
- How To Stop Snoring And Get Back In The Master Bedroom – 25% of couples sleep apart.
- Why 18 Million Americans Have Sleep Apnea – And what to do about it.
- Debunking The Deep Breathing Myth – You have to breathe less to snore less and be healthier.
- Are You a CPAP Failure? - Simple tips to fixing your breathing naturally.
- Why Poor Sleep May Be Jeopardizing Your Job - And how to increase productivity.
- A Simple Method for Relieving Asthma Symptoms, Stress and Panic Attacks – In just 5 minutes a day.
- 9 Healthy Breathing Habits That Can Save Your Life And Your Marriage.
- Snoring In Children Is NOT Cute! – 5 simple things parents can do to reduce this health hazard.
- 3.5 Million Kids With ADHD May Need Better Breathing And Better Sleep, Not Meds.

## Tess Graham

Bringing peace and quiet  
to America's bedrooms



Book and Breathing  
Exercise Instruction CD

## Media Experience

- TV documentaries- Ch. 9, ABC (AUS) and BBC (UK)
- National radio & TV segments
- Numerous articles in newspapers, lifestyle and health magazines and professional publications



## Contact

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## Availability

Based in Canberra, Australia, and traveling frequently. Available in the US until Nov 18, then by email, Skype, telephone or video link.