

Breathe Easy Guide

**Don't let congestion get in
your way. Follow our simple
guide to easy breathing.**

GP Dr Roger Henderson has provided
expert tips and advice.

Olbas[®]

*Olbas Oil, Olbas for Children and Olbas Inhaler are licensed medicines for the relief of congestion.
Always read the label.



Introduction

Almost one in five adults in the UK often experience nasal congestion, which has an effect on their ability to sleep, continue their daily activities, and could cause dental issues.¹ The problem also effects children with over one in ten often experiencing nasal congestion which can impact their day-to-day life.¹

Nasal congestion is also the main reason why people typically breathe through their mouth. And although breathing through your mouth offers some relief when congestion strikes, it can actually make congestion worse.

GP, Dr Roger Henderson, who is one of the UK's most respected and trusted GPs, offers his tips and advice on how to combat nasal congestion so both adults and children can breathe easy.



About Dr Roger Henderson

Dr Roger Henderson is one of the UK's most respected and trusted GPs. In his position as a senior partner in a busy general practice, he brings over 30 years of medical experience.

^{*} Please note healthcare professionals named in this article do not endorse Olbas or its products.

¹ Mouth Breathing' survey, conducted in September 2023 with OnePoll with 2,000 UK respondents

Breathe Easy Guide: Tackling Congestion

Breathing is one of life's most essential functions, yet it's something we often take for granted—until we find ourselves struggling with congestion.

Whether it's due to allergies, illness, or environmental factors, congestion can significantly impact our ability to breathe freely and comfortably. Here we explore how congestion can impact our respiratory health.

18%

of adults saying they often struggle with nasal congestion¹



It is a problem that faces almost a fifth of British adults, with 18 per cent of adults saying they often struggle with nasal congestion, and 13 per cent have spoken to a healthcare professional about their bout with nasal congestion.¹

At Olbas, we are committed to helping you breathe easy, even when congestion tries to stand in your way. Our range of products include remedies designed to help provide soothing relief and support for congestion.



¹ Mouth Breathing' survey, conducted in September 2023 with OnePoll with 2,000 UK respondents



1 in 10

don't think there's a difference
between mouth or nose breathing¹



Dr Henderson says: "If our nose becomes congested for any reason (such as a cold or due to hay fever) then air cannot travel through it, and we have to breathe through our mouths. The impact of mouth breathing is then a very dry mouth where saliva cannot wash away bacteria from inside it. This can increase the risk of throat and chest infections developing as well as other problems such as bad breath and gum disease.

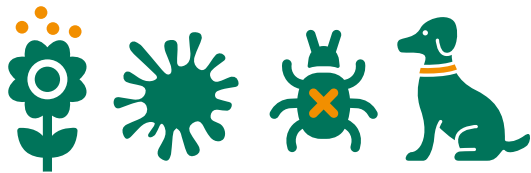
"Mouth breathing should only be necessary during vigorous exercise, or if it is impossible to breathe through the nose due to it being blocked. Breathing through our nose is the healthy way for us to breathe and has a number of health benefits.

¹ Mouth Breathing¹ survey, conducted in September 2023 with OnePoll with 2,000 UK respondents

What causes nasal congestion?


Nasal congestion typically occurs because of rhinitis - inflammation of the lining of the nasal passages. The two main kinds are allergic rhinitis, and non-allergic rhinitis.

Allergic rhinitis occurs when your body reacts to substances that can trigger nasal inflammation, and common examples here include pollen (such as in hay fever), mould, dust mites and pet dander.



Non-allergic rhinitis occurs due to inflammation in the nose that then causes the nasal passages to swell and become congested.



83% 
of people have never visited a healthcare specialist about nasal congestion¹

Common causes of this include colds and viruses, sinus infections, hormonal changes, exposure to smoke or pollution and enlarged adenoids (glands just behind the nose).

The treatment for these conditions can vary, with allergic congestion being treated with treatments such as antihistamines and steroid nasal sprays, and non-allergic rhinitis being treated depending on the cause - this can include antibiotics, nasal rinses and decongestants.

¹ Mouth Breathing[®] survey, conducted in September 2023 with OnePoll with 2,000 UK respondents

Breathe Easy Guide: Better Sleep

A restful night's sleep is essential for our overall well-being and is connected to the way we breathe. And did you know that our sleeping patterns can be impacted by the way we breathe and making adjustments can positively affect your quality of sleep.



Dr Henderson explains:

Question: "Is Nasal Congestion worse at night?"

Answer: "Yes, Nasal congestion is often worse in bed at night. This is because when we lie down, the blood flow to our head increases and this extra blood flow can then cause the blood vessels in your nasal passages to swell. This can then increase inflammation and so your nose feels more stuffy and blocked."

"Our body prefers us to breathe through our nose at night - this warms the air going into our lungs, filters out potentially harmful particles in the air, and helps to keep you undisturbed when sleep. When you breathe through your mouth at night however, your body misses out on these benefits and can increase your risk of snoring, sleep apnoea, waking in the night and even having a dry mouth and scratchy throat in the morning. Breathing through our nose really is better for restful sleep!"

Dr Henderson's tips for a restful slumber:



Elevate!

To help reduce nasal congestion and stuffiness when you are in bed at night, try to raise your head very slightly when you lie down by using an extra pillow. This helps reduce blood flow and can also help to drain any fluid in the nasal passages.



Humidity!

Consider using a humidifier in your bedroom to stop the air you are breathing from drying out. Dry air can increase nasal irritation as well as thickening and hardening any mucus in the nose, making it more difficult to remove.



Hydration!

Make sure you stay as hydrated as you can, not just in the evening but also through the day too. This ensures you have enough body hydration to keep the lining of your nose moist as well as helping to loosen any mucus that may be present there too.



At Olbas, we understand the importance of restorative sleep, and we offer a range of products to support your quest for better rest. Why not create a soothing and aromatic bath experience with Olbas Bath, a blend of essential oils designed to promote relaxation and open your airways? Adding Olbas Bath to your nightly routine can help you unwind and prepare your body for a peaceful night's sleep.

Breathe Easy Guide: For Little Noses

There's nothing worse than trying to settle a little one when they are feeling congested and stuffy. As most parents know, when this happens it can be difficult for them to get the rest and sleep they need to feel better.

One in ten
children often suffer
with nasal congestion¹



Dr Henderson says: "Mouth breathing in children can cause a surprisingly long list of potential problems including sleep problems, dental issues and poor educational performance. Possible causes include enlarged tonsils or adenoids, a blocked nose due to colds or allergies and a deviated nasal septum."

Spotlight On: Olbas Breathe Easy Patches

We understand that parents are always seeking safe and effective solutions for their children's well-being. Our specially formulated products, Olbas for Children and the new Olbas Breathe Easy Patches are designed with the unique needs of young noses in mind, offering natural, soothing relief for congestion and discomfort. Olbas for Children provides a gentle and pleasant aroma that can help your child breathe more freely, while the new Breathe Easy Patches offer long-lasting comfort throughout the day or night.

¹ Mouth Breathing' survey, conducted in September 2023 with OnePoll with 2,000 UK respondents



The Nose Knows Best

Dr Roger Henderson says: "Our nose is a great filter in our body, helping to keep out small particles including pollen, dust and even some bacteria and viruses. It also warms up - and adds moisture to - air coming into the body, helping to prevent dryness in our throat and lungs.

"Keeping our airways at the optimum temperature as well as free of debris and potentially infectious particles is one of the main ways our body helps to fight off coughs and colds.

"If you are unwell, breathing through your nose means that air going into your body is warmed and moisturised which is the most beneficial way to breathe. It also helps to protect your sensitive nasal tissues, and protects your airways as well."

**Here's to a healthier and happier you.
Breathe easy and live well.**

About Olbas

For generations olbas has been providing a range of winter remedies that are suitable for the whole family to combat the symptoms of the common cold and flu, helping your breath with ease.

Olbas Oil

Olbas Oil* is the nation's favourite decongestant oil, due to its powerful natural decongestant vapours that can help clear even the most stubborn of blocked noses when suffering from a cold. Olbas Oil is a special mixture of pure plant oils such as eucalyptus, mint, clove, juniper berry and cajuput. By simply adding just a few drops to a tissue, handkerchief or hot water and inhaling, the distinctive soothing and relieving vapours help unblock a stuffy, congested nose.

Olbas Inhaler

Olbas Inhaler* is a handy little decongestant stick that relieves congestion from a blocked nose, any time. Whether at work, the shop, or a friend's house, its compact format means it's easy to pop in a pocket or bag for instant on-the-go relief.

Olbas Breathe Easy Patches

Olbas Breathe Easy Patches are simple to apply to clothing or bedding, providing a comforting aroma that lasts up to 8 hours to help little ones rest easy.

Olbas Bath

Combines soothing Olbas vapours with the comfort of a bubble bath offering a relaxing experience whilst opening airways and soothing tired, aching muscles. Sink into those soothing, Olbas vapours and let the steam help your congestion and stuffiness drift away.



* Keep all medicines out of the sight and reach of children. Always read the label

¹ Circana Cold & Flu Decongestants, Volume Sales, 52 w/e 2 Sept 23, Total Market

Olbas[®]

www.olbas.co.uk