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Snooze e-News!

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News about the *Snooze!*

This email contains links to articles related to sleep disorders from various websites from the past. For more information on the articles click on the links provided. Please note: News websites may withdraw their articles at any time and archive it on their site.

Device puts the squeeze on disruptive snorers

One of about 90 million American adults who snore, according to the National Sleep Foundation — turned to the Internet for treatments. There are many to choose from. The U.S. Patent and Trademark Office lists 852 patented anti-snoring devices, from medical masks to nose strips. Hannah, 56, chose a ring. Each night for a year she has slipped the Anti-Snore Therapeutic Ring on her left pinkie finger, and *voilà*— no more snoring. The makers of the ring say it applies acupressure to points in the pinkie finger that alter the flow of energy known in Eastern medicine as chi. "I'm devoted to it," Hannah says.

"Not any one (snoring treatment) works perfectly," says Nancy Collop, medical director of the John Hopkins Sleep Disorders Center in Baltimore. People snore when the 26 muscles in their throat relax during sleep, she explains. This causes a narrowing in the throat as flaccid tissues rest closer together. When air passes, these tissues vibrate, resulting in a snore. "I won't say (the ring) can't work," Collop says, "but I am pretty skeptical."

http://www.usatoday.com/news/health/2006-02-26-snorers-ring_x.htm?csp=34

Diabetes and Sleep Apnea

Sleep apnea is associated with significant comorbidities including hypertension, obesity, cardiovascular disease and insulin resistance. In fact, type-2 diabetes is nine times more prevalent among patients with sleep apnea, and the severity of insulin resistance is closely correlated with the severity of the sleep apnea. Recent studies have shown that sleep apnea is an independent risk factor for insulin resistance and that CPAP treatment improves metabolic function in patients with sleep apnea.¹ German researchers reported a significant increase in insulin sensitivity after just 2 days of CPAP therapy and found that this improvement remained stable after 3 months of treatment.²

<http://lpn.advanceweb.com/common/Editorial/Editorial.aspx?CC=67672>

'Sleeping the Day Away' Good for Adolescent Health

Insomnia, found to be prevalent among teens, appears to increase the risks of ADHD-like symptoms, psychiatric disorders and other health problems, according to a study by researchers at RTI International. According to the authors, the prevalence of insomnia in teens combined with an increased need for sleep and the other physical, social and emotional changes that accompany puberty pose a significant threat to adolescent health and well-being.

"As adults and parents we often don't understand teenagers' propensity to stay up late and sleep until afternoon or for sleeping longer than adults," Johnson said. "It's not because they're lazy. Adolescents actually require more sleep than children or adults, and without it they are at risk of serious health effects." After beginning menstruation, girls were found to be more than twice as likely as boys to develop insomnia, which parallels a higher prevalence of insomnia in adult women compared to adult men.

"Given the high prevalence of insomnia among adolescents and its impact on daytime functioning and increased risk for the onset of other psychiatric disorders, we may need to rethink how we respond to the needs of teens and the schedules we set for them," Johnson said. "Treatment and prevention of insomnia need to be important priorities in adolescent health."

<http://www.newswise.com/p/articles/view/518137/>

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