



AMERICA'S
SLEEP COMPANY™

Snooze e-News!

News about the **Snooze!**

March 20, 2006

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.

To view Snooze e-News archives go to: http://www.sleepservices.net/Physicians_links.html

NEW! Sleep Disorders Educational Videos Series

Sleep Services of America, Inc. with Wired.MD has teamed up to bring patients and physicians a series of videos focused on sleep disorders. The eleven video series provide a graphically comprehensive overview of symptoms, diagnosis, treatment options and statistical data for the most common sleep disorders. Each video is 5-7 minutes in length and is available in English and Spanish. These videos serve to educate the population about the seriousness of sleep disorders and treatment options available.

To preview the videos, please log onto <https://video.sleepservices.net/> and use access code: **309855**

For purchase information, please contact Tammany Buckwalter at 410-760-6990 ext 251.

If You Need Two Or More Medicines To Control Your Blood Pressure, You May Have Obstructive Sleep Apnea

Studies have shown that patients with difficult-to-control hypertension (defined as requiring two or more medications) have a higher prevalence of obstructive sleep apnea. While we don't know the cause, patients with refractory hypertension who also have sleep apnea are noted to have decreases in blood pressure and better-controlled blood pressure once they are placed on CPAP (continuous positive airway pressure masks worn to improve and prolong sleep).

<http://www.medicalnewstoday.com/medicalnews.php?newsid=39425>

Having Trouble Sleeping After The Night Shift? Try Wearing Dark Sunglasses -- In All Types Of Weather - On The Commute Home

Our ability to stay awake and fall asleep is a function of two processes. First, there is a homeostatic switch that drives sleep that is located in the brain. As soon as we wake up, chemicals build up in our brain. The build-up of these chemicals is associated with the need to go back to sleep at the end of the day. Counteracting this drive for sleep is the biological clock. The clock function with a rhythm that drives our wakefulness, known as the circadian rhythm.

Early in the morning, after being up all night, the sleep hemostat is primed for sleep. However, although the circadian clock has just hit its lowest point in its curve, the exposure to daylight on the commute home "reminds" the clock that the day is beginning and the circadian drive for wakefulness increases. Thus, wearing dark sunglasses will "fool" the clock into thinking it is still dark and delay the clock enough to allow for sleep to occur after the night shift is over.

<http://www.medicalnewstoday.com/medicalnews.php?newsid=39427>

Advice to Children with Sleep Apnea: Wear that Night-Time Breathing Device!

"Despite improvements with even irregular use of the device, parents often say children are using PAP when the study shows they are not," says investigator Ann Halbower, M.D., pediatric pulmonologist at the Johns Hopkins Children's Center. "Obstructive sleep apnea can cause learning, memory and IQ problems. Additionally, it affects breathing and oxygen levels, and while PAP therapy helps the apnea, the maximum benefits come only over time and with consistent use."

It remains unclear how PAP therapy affects neurocognitive performance, even though parents reported improved alertness and dramatic reduction in the percentage of children who fell asleep during school at least once a week. Halbower cautions that these outcomes are based on subjective reports, and further studies are needed to document objectively the device's effect on neurocognitive function. There was no difference in reported academic performance, irritability or hyperactivity.

<http://www.hopkinschildrens.org/pages/news/pressdetails.cfm?newsid=330>

"Snooze e-News" is provided to you by Sleep Services of America, Inc. for informational purposes only. To have your name removed from this email list, please notify Tammany Buckwalter at tbuckwaler@sleepservices.net