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SLEEP COMPANY™

## Snooze e-News!

April 24, 2006

### 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.

#### **Antioxidant Vitamin C Improves Endothelial Function in Obstructive Sleep Apnea (abstract)**

*Rationale:* Obstructive sleep apnea (OSA) is associated with oxidative stress, endothelial dysfunction, and increased cardiovascular morbidity and mortality. *Objective:* We tested the hypothesis that endothelial dysfunction in patients with OSA is linked to oxidative stress. *Methods:* In the present study, we measured flow-mediated dilation (FMD) of the brachial artery by ultrasound in 10 otherwise healthy, untreated patients with OSA and 10 age- and sex-matched control subjects without sleep-disordered breathing before and after intravenous injection of the antioxidant vitamin C. The investigator performing the FMD measurements was blinded to the status of the patients. *Conclusion:* The reduced endothelial-dependent vasodilation in untreated patients with OSA acutely improves by the free radical scavenger vitamin C. These results are in favor of oxidative stress being responsible for the endothelial dysfunction in OSA. Antioxidant strategies should be explored for the treatment of OSA-related cardiovascular disease. <http://ajrcm.atsjournals.org/cgi/content/abstract/173/8/897?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&fulltext=sleep+apnea&searchid=1&FIRSTINDEX=0&fdate=4/1/2006&resourcetype=HWCIT>

#### **Patients With Severe Sleep-disordered Breathing Have High Odds Of Abnormal Heart Rhythms**

Patients with severe sleep-disordered breathing are two to four times more likely to experience complex, abnormal heart rhythms while sleeping than individuals without the problem, according to the Sleep Heart Health Study (SHHS). These findings appear in the April issue of the American Journal of Respiratory and Critical Care Medicine, published by the American Thoracic Society.

"Individuals with sleep-disordered breathing had four times the odds of atrial fibrillation and three times the odds of nonsustained ventricular tachycardia," said Dr. Mehra. Atrial fibrillation consists of very rapid contractions of the atria (the upper chambers of the heart), leading the ventricles (the lower chambers of the heart) to beat irregularly. This results in decreased heart output and potential for clot formation. Tachycardia is defined by abnormally rapid heart beats—over 100 beats per minute in an adult. "The results of this study have potentially important clinical implications because they suggest an increased vulnerability to nocturnal cardiac arrhythmias in individuals with SDB and provide an explanation for the observed increase in sudden nocturnal death recently reported with sleep apnea," said Dr. Mehra.

<http://www.medicalnewstoday.com/medicalnews.php?newsid=41744#>

#### **A Lack of Sleep or ADHD?**

The same symptoms that characterize ADHD often overlap with the type of problems that result from a lack of sleep, according to various studies. Although doctors can usually separate the two, Owens warns that mood and behavioral changes caused by sleepless nights might sometimes be mistaken for ADHD.

A thorough look at your child's sleep behavior can help determine whether the problem is simply a lack of rest. Excessive daytime sleepiness is often the clearest indication. Snoring is another key warning sign. In a recent study, researchers at the University of Michigan found that loud snoring helped predict which children would end up hyperactive several years later. Still, trying to distinguish sleep disorders from attention deficit ones can prove complicated. Not only are the symptoms very close, there is the chance that ADHD may interfere with sleep as well.

[http://www.healthology.com/printer\\_friendlyAR.asp?f=adhd\\_comprehend&c=adhd\\_orlacksleep](http://www.healthology.com/printer_friendlyAR.asp?f=adhd_comprehend&c=adhd_orlacksleep)

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