



## Snooze e-News!

February 12, 2007

**News about the *Snooze!*** To learn more about sleep disorders, visit our website [www.sleepservices.net](http://www.sleepservices.net) and click on our educational videos!

### Don't Let Your Valentine's Day be a Snore



With Valentine's Day (February 14) right around the corner, the American Academy of Otolaryngology-Head and Neck Surgery (AAO-HNS) would like to remind you that snoring may lead to the demise of your relationship—and your Valentine might be best served by some preventive measures. Studies show that snoring can have a profound impact on relationships—removing intimacy, disrupting sex lives, and in some cases, leading to divorce among married couples. Sometimes snoring can indicate a more serious medical problem, such as obstructive sleep apnea. If you have concerns, you should make an appointment to see an otolaryngologist, more commonly referred to as an ear, nose, and throat physician.

<http://www.newswise.com/p/articles/view/527215/>

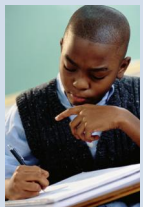
### Medical Therapy for Restless Legs Syndrome may Trigger Compulsive Gambling



Pathological gambling is an impulse control disorder. In 2005, Mayo Clinic physicians reported this disorder as a side effect of dopamine agonist therapy in 11 Parkinson disease patients. "Although pathologic gambling has already been recognized in patients with Parkinson disease who often took high doses of dopamine agonists, the current report suggests that pathological gambling is not restricted to patients with Parkinson disease -- and also can occur at low dosages" explains Maja Tippmann-Peikert, M.D., the lead author of the Mayo Clinic report on restless legs syndrome. "Physicians should not only monitor Parkinson disease patients for this behavior but also screen their RLS patients who may be on much lower doses of dopamine agonists." This includes encouraging the patient, family members and friends to report negative behaviors to the patient's physician.

Fortunately, pathological gambling seems to be reversible when the dose of the dopamine agonist is reduced or the patient is transitioned to an alternative medication. It is crucial that these adjustments are initiated before significant gambling debts develop, and relationships and careers are damaged. <http://www.newswise.com/p/articles/view/527195/>

### Study Links Children's Sleep Problems to School Problems, Especially in African Americans



When children's socioeconomic status was taken into consideration, African-American and European-American children's performance on cognitive tests was similar when they slept well, the study found. But when sleep was disrupted, African-American children's performance was worse. Similarly, children from lower and higher socioeconomic backgrounds performed similarly on tests when they slept well and their sleep schedules were consistent. But when their sleep was disrupted, children from higher-income homes did better than children from lower-income homes. The study does not address why African-American children and youngsters from lower-income homes may be more vulnerable to the effects of sleep disruption.

<http://www.newswise.com/p/articles/view/527047/>

### New Study In The Journal Sleep Finds That Parasomnias Are Common And Frequent In Children



Parasomnias in children are common, and often more frequent than in adults. It is important for parents to take an active approach in helping their child overcome a sleep disorder, to consult with their child's pediatrician, and for an office evaluation of a child with any parasomnia to be thorough, according to a study published in the February 1st issue of the journal *SLEEP*. Researchers advise pediatricians to ask parents detailed questions about the parasomnias. Parents should, in turn, describe in detail the movements and behaviors that are typically seen. In addition, the authors noted, to complement the parents' descriptions, home videos often prove very useful for identifying and classifying parasomnias. A detailed history may also be supported through the completion of sleep diaries, in which parents record sleep periods, arousals/awakenings and parasomnia events. <http://www.medicalnewstoday.com/medicalnews.php?newsid=62150>

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