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Snooze e-News!

July 3, 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.

Cypress stops development of sleep apnea treatment

Cypress Bioscience Inc. said on Tuesday it is dropping development of its experimental drug to treat sleep apnea after it failed to prove effective in a clinical trial. Cypress and Organon, a unit of Akzo Nobel, had each independently conducted mid-stage, or Phase II, trials evaluating combinations of the drug, mirtazapine, with another approved drug. Cypress and Organon are exploring other opportunities for collaboration, Cypress said.

http://today.reuters.co.uk/news/newsArticle.aspx?type=healthNews&storyID=2006-06-28T213656Z_01_N27267540_RTRIDST_0_HEALTH-CYPRESS-DC.XML&archived=False

Cognitive behavioral therapy helps sleep

Cognitive behavioral therapy interventions including relaxation techniques have been found to be helpful for people with insomnia, a Norwegian study finds. Borge Sivertsen of the University of Bergen in Norway and colleagues conducted a randomized controlled trial from January 2004 to December 2005 to compare the short- and long-term clinical efficacy of cognitive behavioral therapy, or CBT, and the non-benzodiazepine sleep medication zopiclone. The trial included 46 adults -- average age 60.8 years; 22 women -- with chronic primary insomnia. The total time spent awake during the night for the CBT group improved significantly more than both the placebo group at six weeks and the zopiclone group at both six weeks and six months. The zopiclone group did not differ significantly from the placebo group, according to Sivertsen. Total wake time at six weeks was reduced 52 percent in the CBT group compared with 4 percent and 16 percent in the zopiclone and placebo groups on PSG testing, respectively, according to the study published in the Journal of the American Medical Association. <http://www.upi.com/ConsumerHealthDaily/view.php?StoryID=20060628-013227-2473r>

New sleep medication Ramelteon shows less potential to foster abuse and dependence

Laboratory studies of the effects of ramelteon suggest that the drug's targeting of the brain's melatonin receptors rather than its benzodiazepine receptors make its subjective side effects different from those of old and new sedative hypnotics. The research is reported in the June issue of Behavioral Neuroscience, which is published by the [American Psychological Association \(APA\)](#)

The authors say that together, the findings highlight significant differences between ramelteon and the prototypical benzodiazepines studied. They say their results, "suggest that ramelteon does not likely share subjective effects with benzodiazepines in humans and, thus, should not be expected to share abuse liability with BZRAs [benzodiazepine receptor agonists]." The findings also indicate that ramelteon will not produce benzodiazepine-like physical dependence in humans. Thus the authors say these findings are potentially important for the treatment of sleep problems.

http://www.news-medical.net/print_article.asp?id=18597

Severe Hot Flashes Associated with Chronic Insomnia

Women who have severe hot flashes may have more chronic sleep problems than women who do not, according to a report in the June 26 issue of *Archives of Internal Medicine*, one of the JAMA/Archives journals. As many as 85 percent of menopausal women experience hot flashes, sensations of heat that may also involve sweating, according to background information in the article. Hot flashes often occur during the night and have been associated with insomnia, or difficulty sleeping. "Treating hot flashes could improve sleep quality and minimize the deleterious consequences of chronic insomnia," they conclude. <http://www.newswise.com/p/articles/view/521474/>

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