



AMERICA'S  
SLEEP COMPANY™

## Snooze e-News!

May 15, 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.

#### **Sleep and alertness in children with attention-deficit/hyperactivity disorder: a systematic review of the literature.**

**STUDY OBJECTIVE:** To review evidence on sleep and alertness in children with attention-deficit/hyperactivity disorder (ADHD) controlling for potential confounding factors. **METHODS:** A PubMed search. Studies using ADHD diagnostic criteria other than DSM-III-R or IV and studies not excluding or controlling for psychiatric comorbidity or medication status were not included in the review. Results from objective studies were combined using meta-analysis. **RESULTS:** From the 46 studies located, 13 were retained. With regard to objective studies, the proportion of subjects who fell asleep during the Multiple Sleep Latency Test, the number of movements in sleep, and the apnea-hypopnea index were significantly higher in children with ADHD than in controls. **CONCLUSION:** Results from our systematic review suggest that children with ADHD have higher daytime sleepiness, more movements in sleep, and higher apnea-hypopnea indexes compared with controls. Given the limited number of studies controlling for confounding factors, further subjective and objective studies are needed to better understand alterations in sleep and alertness in children with ADHD. [http://www.docguide.com/news/content.nsf/PaperFrameSet?OpenForm&refid=2&id=91630927A614FC59852570CE0053FB7F&c=&newsid=852571020057CCF68525716A0026D16A&u=http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&dopt=Abstract&list\\_uids=16676784&ref=/news/content.nsf/SearchResults?openform&Query=sleep%20&so=date&id=91630927A614FC59852570CE0053FB7F](http://www.docguide.com/news/content.nsf/PaperFrameSet?OpenForm&refid=2&id=91630927A614FC59852570CE0053FB7F&c=&newsid=852571020057CCF68525716A0026D16A&u=http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&dopt=Abstract&list_uids=16676784&ref=/news/content.nsf/SearchResults?openform&Query=sleep%20&so=date&id=91630927A614FC59852570CE0053FB7F)

#### **Genetic factors influence insomnia, sleepiness and obesity**

A study of 1,870 pairs of twins shows that genetic factors strongly influence insomnia, sleepiness and obesity. The authors discovered a high level of heritability for insomnia and obesity and a moderate level of heritability for sleepiness. "The co-occurrence of insomnia and sleepiness and insomnia and obesity was largely due to common genetic factors," the authors wrote. "In contrast, the co-occurrence of sleepiness and obesity was not primarily due to common genetic influences, suggesting that either other genetic influences specific to sleepiness and obesity are involved or environmental influences predominate." Further information about this study can be found on the Internet at <http://www.journalsleep.org/>. View the [study abstract](http://www.sleepeducation.com/Article.aspx?id=204). <http://www.sleepeducation.com/Article.aspx?id=204>

#### **Effect of continuous positive airway pressure versus supplemental oxygen on sleep quality in obstructive sleep apnea: a placebo-CPAP-controlled study.**

**STUDY OBJECTIVE:** We investigated the short-term effectiveness of continuous positive airway pressure (CPAP) and oxygen in improving sleep quality in patients with obstructive sleep apnea (OSA). **MEASUREMENTS AND RESULTS:** Sixty-three patients completed the protocol. When compared with placebo-CPAP and nocturnal oxygen, CPAP increased rapid eye movement (REM) sleep and significantly reduced stage 1 sleep and the number of stage shifts ( $p < .003$ ). CPAP improved, to within normal limits, the apnea-hypopnea index, total arousal index, and mean oxyhemoglobin saturation ( $p < .001$ ). The effects of CPAP were apparent during the first night of therapy. Oxygen improved only mean nocturnal saturation ( $p = .009$ ). CPAP had no significant effect on stage 2 sleep or slow-wave sleep. **CONCLUSIONS:** CPAP was associated with an improvement in sleep quality in patients with OSA by consolidating sleep, reducing stage 1 sleep, and improving REM sleep. CPAP was effective in correcting the respiratory and arousal abnormalities of OSA. The effectiveness of supplemental oxygen was limited to oxyhemoglobin desaturation.

[http://www.docguide.com/news/content.nsf/PaperFrameSet?OpenForm&refid=2&id=91630927A614FC59852570CE0053FB7F&c=&newsid=852571020057CCF68525716A0026CDE6&u=http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&dopt=Abstract&list\\_uids=16676791&ref=/news/content.nsf/SearchResults?openform&Query=sleep%20&so=date&id=91630927A614FC59852570CE0053FB7F](http://www.docguide.com/news/content.nsf/PaperFrameSet?OpenForm&refid=2&id=91630927A614FC59852570CE0053FB7F&c=&newsid=852571020057CCF68525716A0026CDE6&u=http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&dopt=Abstract&list_uids=16676791&ref=/news/content.nsf/SearchResults?openform&Query=sleep%20&so=date&id=91630927A614FC59852570CE0053FB7F)

"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 [buckwalter@sleepservices.net](mailto:buckwalter@sleepservices.net)