



AMERICA'S  
SLEEP COMPANY™

## Snooze e-News!

November 13, 2006

### News about the *Snooze!*

This email contains links to articles related to sleep disorders from various websites. Please note, news websites may withdraw their articles at any time and archive it on their site.

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

#### **Stress, Childhood Trauma Linked To Chronic Fatigue Syndrome In Adults**

Traumatic events in childhood and stress or emotional instability at any period in life may be associated with the development of chronic fatigue syndrome (CFS), according to two articles in the November issue of *Archives of General Psychiatry*, one of the JAMA/Archives journals. The findings suggest that CFS and similar illnesses may result from the brain's inability to cope with challenging experiences.

CFS affects between 400,000 and 900,000 U.S. adults, according to background information in the article. The condition is defined as unexplained fatigue that lasts for at least six months, does not get better with rest and interferes with daily activities. For a formal diagnosis of CFS, fatigue must be accompanied by at least four of eight additional symptoms, including extreme fatigue after exertion, difficulties with memory and concentration, unrefreshing sleep, headaches, muscle pain, joint pain, sore throat and tender lymph nodes. "Despite the substantial public burden of CFS, the causes and pathophysiology [underlying changes] of CFS remain unknown, and effective prevention is elusive," the authors of the first article write. In the age- and sex-matched comparison, individuals who reported that their life was stressful were 64 to 65 percent more likely to develop CFS; in the analysis comparing twins, the risk increased to 500 percent. "This suggests that some genes may serve as a buffering effect whereas other sensitive individuals are more susceptible to the impact of stress," the authors write. <http://www.medicalnewstoday.com/medicalnews.php?newsid=56096>

#### **CDC Launches 'Get Informed. Get Diagnosed. Get Help.' Campaign**

The Centers for Disease Control and Prevention (CDC) today launched a national public education and awareness campaign on Chronic Fatigue Syndrome (CFS), a weakening and often devastating illness for millions of Americans. The campaign, called "Get Informed. Get Diagnosed. Get Help," is designed to increase awareness among clinicians and the public, because 80 percent of Americans afflicted with CFS illness may not know they have it. "CFS is a terrible illness that prevents many people from taking part in everyday activities and participating in the things they enjoy," said CDC Director Dr. Julie Gerberding. <http://www.medicalnewstoday.com/medicalnews.php?newsid=55813>

#### **It Can be a Hard Day's Night for Weight-Watchers on the Late Shift**

Netty Levine, R.D., a registered dietitian and certified diabetes educator at Cedars-Sinai, said that "Some night shift workers eat at work in order to maintain their stamina, then go home and eat with their families. People can lose sight of portion control." Levine added that sleep deprivation is also a common problem. "People working the night shift may consume large amounts of caffeine-laden beverages to stay awake, then - if they are parents - they may be forced to stay awake during the day in order to drive their children to and from school and other activities," she added. Recent studies have shown that people who do not get sufficient sleep are more prone to being overweight.

<http://www.newswise.com/p/articles/view/525185/>

#### **Chronic Jet-Lag Conditions Hasten Death in Aged Mice**

Researchers at the University of Virginia have found that aged mice undergoing weekly light-cycle shifts—similar to those that humans experience with jet lag or rotating shift work—experienced significantly higher death rates than did old mice kept on a normal daylight schedule over the same eight-week period. The findings may not come as a great surprise to exhausted globetrotting business travelers, but the research nonetheless provides, in rather stark terms, new insight into how the disruption of circadian rhythms can impact well-being and physiology, and how those impacts might change with age.

<http://www.newswise.com/p/articles/view/524943/>

"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 Tammy Buckwalter at [tbuckwalter@sleepservices.net](mailto:tbuckwalter@sleepservices.net)