



AMERICA'S
SLEEP COMPANY™

Snooze e-News!

September 5, 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 and click on our educational videos!

Model of Internal Clocks Reveals How Jet Lag Disrupts the System

Symptoms of extreme jet lag may result from the body overshooting as it tries to adjust to particularly large leaps forward in time, suggests new research from the University of Massachusetts Amherst that models circadian rhythms in rats. To transition smoothly to a different time zone, the researchers recommend advancing in chunks of not more than four hours, thus allowing the body's clocks to remain coordinated. The work also has implications for rotational shift workers, such as nurses and airline attendants, as some shifts will be much harder for the body to adjust to than others.

<http://www.newswise.com/articles/view/523127/>

Pramipexole Safe and Effective in Treating Restless Legs Syndrome, Study Shows

According to a study published in the journal *Neurology*, pramipexole significantly improved RLS symptoms in patients with moderate to severe restless legs syndrome (RLS) versus those on placebo, as measured by both of the study's primary efficacy endpoints. Furthermore, therapeutic effects were evident within 1 week of initiating treatment, and pramipexole demonstrated a favorable safety profile.

<http://www.docguide.com/news/content.nsf/news/852571020057CCF6852571D40061ECCE?OpenDocument&id=91630927A614FC59852570CE0053FB7F&c=&count=10>

New Type of Sleep Apnea Discovered

Researchers at Mayo Clinic have identified a new type of sleep apnea they call "complex sleep apnea." The findings will be published in the September issue of the journal *Sleep*.

The two previously known types of sleep apnea include obstructive sleep apnea and central sleep apnea. In obstructive sleep apnea, the more common form, the throat muscles relax and the airway is narrowed, momentarily cutting off breathing and resulting in noisy snoring. With central sleep apnea, the brain does not send proper signals to the muscles that control breathing. The newly discovered type, complex sleep apnea, is a combination of both obstructive and central sleep apneas.

Patients with complex sleep apnea at first appear to have obstructive sleep apnea and stop breathing 20 to 30 times per hour each night. But unlike typical obstructive sleep apnea patients, their breathing problem is not completely alleviated by a CPAP (continuous airway pressure) machine, which functions like a pneumatic splint to open a patient's airway. Instead, once the CPAP is applied to complex sleep apnea patients, the obstruction seems to dissipate, but still they do not breathe properly. Symptoms of central sleep apnea then appear and fragmented sleep results, due to frequent pauses in breathing. According to Dr. Morgenthaler, no known factors influence risk for complex sleep apnea. An effective treatment has not been identified, but research continues to test breathing assistance machines to alleviate this condition's symptoms.

<http://www.newswise.com/p/articles/view/522910/>

Sufficient Sleep is Necessary to Prevent Potentially Deadly Consequences of Sleep Deprivation

The National Transportation Safety Board's announcement that the sole air traffic controller on duty the morning of the crash of Comair Flight 5191 was functioning on only two hours of sleep highlights the potentially devastating consequences of sleep deprivation, the American Academy of Sleep Medicine said today.

"Education of workers, employers and regulatory agencies regarding sleep needs and the effects of loss of sleep is essential to maintain public safety," said Michael H. Silber, MBChB, president of the American Academy of Sleep Medicine.

<http://www.sleepeducation.com/Article.aspx?id=217>

"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