



AMERICA'S
SLEEP COMPANY™

Snooze e-News!

March 5, 2007

News about the **Snooze!** To learn more about sleep disorders, visit our website www.sleepservices.net and click on our educational videos!



Ever dreamed of getting a better night's sleep?

Beginning February 5 through March 31, 2007 sign up for NSF's Great American Sleep Challenge™. It is easy to participate; follow five simple steps and you may be one step closer to feeling refreshed, rejuvenated and ready to go. Enter to win a Luxurious New Bed for participating in the Sleep Challenge!

<http://www.sleepfoundation.org/site/c.jvKRL5MWIyG/b.2421275/k.BE61/Home.htm>

Upcoming Time Change Should Have Minimal Effect If You Plan Ahead And Re-Adjust Your Sleep Schedule - AASM



With the return of Daylight Savings Time (DST) to many parts of the United States, this is the first year DST will take effect on the second Sunday in March instead of the first Sunday in April. To ensure a smooth transition to the new time, the American Academy of Sleep Medicine (AASM) advises everyone to re-adjust their sleep schedule a few days prior to the beginning of DST. That the upcoming time change means that we will lose an hour of sleep only if we keep our usual sleep schedule. "However, we can reduce the impact of the time change by planning ahead. A few days prior to the time change, start getting up about 15 minutes earlier each morning and going to bed 15 minutes earlier at night. This will help assure continued daytime alertness, maximal daytime functioning, and improved mood."

: <http://www.medicalnewstoday.com/medicalnews.php?newsid=64458>

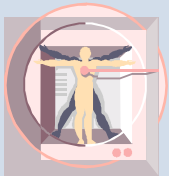
Obstructive Sleep Apnea Increasingly Associated With Cardiovascular Disease - Journal SLEEP

A study published in the March 1st issue of the journal **SLEEP** finds that people with obstructive sleep apnea (OSA) are at an increased risk of having cardiovascular disease.

The study, which attributes the increased link between OSA and cardiovascular disease to heightened recognition and perhaps a rising prevalence, found mounting data suggesting a potentially important causative role of OSA in cardiovascular disease, particularly systemic hypertension, bolstered by well-described pathophysiologic responses to apnea and hypopneas. Recently published longitudinal cohort studies have strengthened previously recognized associations with stroke and mortality from cardiac events.

<http://www.medicalnewstoday.com/medicalnews.php?newsid=64260>

Long Term Effects of Sleep Deprivation on The Mammalian Circadian Pacemaker



In mammals, sleep is controlled by a homeostatic process, which regulates depth of sleep, and by the circadian clock of the suprachiasmatic nucleus (SCN), which regulates 24-h rhythms in timing of sleep. Sleep deprivation is known to cause molecular and physiological changes and results in an alteration in the timing of sleep. It is generally assumed that following sleep deprivation, homeostatic mechanisms overrule the circadian clock, allowing animals to sleep during their active phase. However, recent evidence indicates that sleep states have direct access to the circadian pacemaker of the SCN. We questioned therefore whether sleep deprivation may have long-term effects on the circadian pacemaker, which may explain altered sleep patterns following sleep deprivation. **The conclusion of the study was that the data shows that sleep deprivation influences not only sleep homeostatic mechanisms, but also SCN electrical activity, resulting in a strong reduction in circadian amplitude in the major output signal from the SCN.**

<http://www.journalsleep.org/ViewAbstract.aspx?citationid=3162>

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