



AMERICA'S  
SLEEP COMPANY™

## Snooze e-News!

March 13, 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.

To see archives go to: [http://www.sleepservices.net/Physicians\\_links.html](http://www.sleepservices.net/Physicians_links.html)

#### On-line Sleep Tech Training Course Offered

Sleep Technician training class begins March 22nd on-line through the Community College of Baltimore Community College. For more information call the continuing education depart at 410-780-0666. <http://www.ccbcmd.edu/>

#### Sleep Apnea Implant Gets Another Boost

A new study bolsters evidence that a simple procedure taking just a few minutes in a doctor's office can make a big difference for millions of patients suffering from snoring or the related disease of sleep apnea. The procedure is known as the Pillar Palatal Implant. The study found that 88% of patients undergoing the procedure had reductions in their snoring, and nearly two-thirds also reported feeling less sleepy during the day. More than a third were cured of their sleep apnea. The results were roughly in line with previous studies about the implant's effectiveness.

<http://www.webmd.com/content/Article/119/113270.htm?printing=true>

#### A study of the medication tiagabine may shed light on how to improve insomnia in older people.

Although a study shows that the medication tiagabine does not produce improvements in the primary measures of insomnia therapy, secondary findings may shed light on how to improve the sleep quality of elderly people with insomnia. Results of the study appear in the March 1 issue of the journal *Sleep*. The study shows that tiagabine does not significantly affect the time spent awake after initially falling asleep, the time it takes to reach a persistent state of sleep, or total sleep time. Sleep continuity also remains disrupted by a high number of awakenings, and subjective ratings of sleep quality fail to improve.

The study does show that tiagabine causes significant dose-dependent increases compared to placebo in the length of sleep stages 3 and 4, also known as slow-wave sleep or SWS. These sleep stages may play a crucial role in memory and cognitive function, and some consider SWS to be the most restorative stage of sleep, according to background information in the article. <http://www.sleepeducation.com/Article.aspx?id=191>

**North Carolina Respiratory Care Board Approves Ruling Affecting Sleep Techs** The North Carolina Respiratory Care Board (NC RCB) recently approved a ruling that exempts non-credentialed sleep technicians and trainees from licensure. According to the ruling, sleep technology trainees are required to work under the direct supervision of a registered polysomnographic technologist (RPSGT) or licensed (RCP), and technicians are required to work under the general supervision of a RPSGT or RCP. Additionally, the ruling provides a 36-month window for trainees and technicians to complete the competency standards required for sleep testing and to sit for the Board of Registered Polysomnographic Technologists certification examination.

The American Academy of Sleep Medicine will contact the NC RCB and work with it on this issue. More information will be available in future Weekly Update announcements and within the Government Affairs News section of the AASM Web site. <http://www.aasmnet.org/Announcement.aspx?AnnouncementID=67>

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