



Snooze e-News!

April 3, 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.

America's Sleep-Deprived Teens Nodding Off at School, Behind the Wheel, New National Sleep Foundation Poll Finds

In a national survey on the sleep patterns of U.S. adolescents (ages 11-17), NSF's 2006 *Sleep in America* poll finds that only 20% of adolescents get the recommended nine hours of sleep on school nights, and nearly one-half (45%) sleep less than eight hours on school nights. What's more, the poll finds that parents are mostly in the dark about their adolescents' sleep. While most students know they're not getting the sleep they need, 90% of parents polled believe that their adolescent is getting enough sleep at least a few nights during the school week.

<http://www.sleepfoundation.org/press/index.php?secid=&id=290>

Diabetes Risk Increased Three-fold By More Than Eight Hours Sleep Per Night

Men who sleep too much or too little are at an increased risk of developing Type 2 [diabetes](#), according to a study by the New England Research Institutes in collaboration with Yale School of Medicine researchers. The data published in the March issue of *Diabetes Care* were obtained from 1,709 men, 40 to 70 years old. The men were enrolled in the Massachusetts Male Aging Study and were followed for 15 years with home visits, a health questionnaire and blood samples.

Six to eight hours of sleep was found to be most healthy. In contrast, men who reported they slept between five and six hours per night were twice as likely to develop [diabetes](#) and men who slept more than eight hours per night were three times as likely to develop [diabetes](#), according to the lead author, H. Klar Yaggi, M.D., professor in Yale's Department of Internal Medicine, pulmonary section. Previous data from the Nurses Health Study have shown similar results in women.

<http://www.medicalnewstoday.com/medicalnews.php?newsid=40369>

AASM Launches CPAP Education Campaign

The AASM launched a two-part education campaign about CPAP and obstructive sleep apnea for the public and physicians. *CPAP Central*, www.sleepeducation.com/cpapcentral, provides the public with comprehensive, accurate and reliable information about continuous positive airway pressure (CPAP), the most common and effective treatment for OSA. *CPAP Central* includes expanded information about OSA and CPAP, including how OSA is diagnosed, the function of CPAP, the benefits of CPAP therapy and an overview of what to expect when beginning CPAP therapy; the position of experts on CPAP therapy; and tools for success. *CPAP Central* also features an interactive slide set that educates the public about the warning signs of OSA. Accredited centers will receive an educational poster titled *Sleep Apnea Takes Your Breath Away...CPAP Gives It Back* for the office. <http://www.aasmnet.org/Announcement.aspx?AnnouncementID=76>

Abstract: Left Ventricular Structural Adaptations to Obstructive Sleep Apnea in Dilated Cardiomyopathy

Rationale and Objectives: We hypothesized that in heart failure patients with non-ischemic dilated cardiomyopathy (a condition characterized by eccentric hypertrophy), those with obstructive sleep apnea would have a higher prevalence of left ventricular hypertrophy by wall thickness criteria (≥ 12 mm), and greater septal thickness than those without obstructive sleep apnea. **Conclusions:** In patients with non-ischemic dilated cardiomyopathy, the presence of obstructive sleep apnea is associated with an increased prevalence of left ventricular hypertrophy. The higher relative wall thickness and interventricular septal thickness in patients with obstructive sleep apnea indicate that the left ventricle is relatively less eccentric than in patients without obstructive sleep apnea, and that such remodeling affects mainly the septum. These structural adaptations may reflect unique nocturnal mechanical and adrenergic stimuli associated with obstructive sleep apnea.

[http://ajrcm.atsjournals.org/cgi/content/abstract/200503-3200Cv1?](http://ajrcm.atsjournals.org/cgi/content/abstract/200503-3200Cv1?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&fulltext=sleep+apnea&searchid=1&FIRSTINDEX=0&fdate=3/1/2006&resourcetype=HWCIT)

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