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SLEEP COMPANY™

## Snooze e-News!

April 18, 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.

#### A Cephalon Vet Takes On Insomnia

**Jack Lief helped create Provigil, the elixir of wakefulness. But his startup is committed to helping people sleep**  
If anyone understands both the challenges and potential rewards of messing with the brain, it's Jack Lief. The 60-year-old entrepreneur was one of the first employees at Cephalon Inc. ([CEPH](#)). As head of development, he started the wakefulness drug Provigil on its path to FDA approval. Now, as chief executive officer of San Diego-based Arena Pharmaceuticals Inc. ([ARNA](#)), Lief is going after the flip side of wakefulness—testing a treatment to promote sleep. The drug prolongs the deepest phase of slumber, during which the body releases growth hormone and other proteins that make people feel refreshed in the morning. Investors have woken up to Arena, pushing its shares up 191%, to \$15.60, in the past year. Arena's niche in the \$2 billion sleep market could be lucrative. The San Diego company's compound blocks the activity of the wake-promoting protein serotonin by targeting a receptor in the brain called 5-HT2A. The company is positioning its drug to treat patients who fall asleep easily but wake up frequently during the night. According to the National Sleep Foundation, 56% of the 50 million insomniacs in the U.S. fall into that category.

[http://www.businessweek.com/magazine/content/06\\_17/b3981096.htm?chan=tc?campaign\\_id=rss\\_tech](http://www.businessweek.com/magazine/content/06_17/b3981096.htm?chan=tc?campaign_id=rss_tech)

#### 80 percent of teens don't get enough sleep

America's adolescents are going through life sleep-deprived. Only 20 percent get the recommended nine hours of sleep and one in four report sleeping in class. *"In the competition between the natural tendency to stay up late and early school start times, a teen's sleep is what loses out,"* said Jodi A. Mindell of St. Joseph's University in Philadelphia, Pennsylvania. A poll by the National Sleep Foundation found that sixth-graders were sleeping an average of 8.4 hours on school nights, while 12th-graders sleep just 6.9 hours. Other findings include: 22 percent dozed off doing homework, 14 percent arrive late or miss school because they oversleep and 51 percent have driven while drowsy.

<http://www.blogginqbaby.com/2006/04/17/80-percent-of-teens-dont-get-enough-sleep/>

#### Sickle Cell Patients Frequently Develop Obstructive Sleep Apnea: Presented at AAN

Navid Mostofi, MD, neurology fellow, Temple University, Philadelphia, Pennsylvania, United States, and colleagues analysed polysomnographic recordings in 19 children with sickle cell disease who snored and had irregular nighttime breathing. The researchers compared the results with the polysomnographic recordings of 14 control patients. Overall, 15 (79%) patients were diagnosed with OSAS and upper airway resistance syndrome.

Adenotonsillar hyperplasia in children is believed to be 1 of the major contributors to upper airway resistance and OSAS, and children with sickle cell disease may have a higher risk of upper airway obstruction, Dr. Mostofi said. Possible mechanisms for this condition include compensatory adenotonsillar hyperplasia following splenic infarction and anatomical changes in the upper airways secondary to the bone marrow hyperplasia due to the anaemia seen in sickle cell disease.

Based on the findings, the Dr. Mostofi said that sickle cell patients should be routinely screened for OSAS. Appropriate treatment of this condition can improve the medical and neurocognitive outcome in this population, he added.

<http://www.docguide.com/news/content.nsf/news/852571020057CCF685257145004A2297?>

[OpenDocument&id=48dde4a73e09a969852568880078c249&c=Sleep%20Disorders&count=10](http://www.docguide.com/news/content.nsf/news/852571020057CCF685257145004A2297?OpenDocument&id=48dde4a73e09a969852568880078c249&c=Sleep%20Disorders&count=10)

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