



AMERICA'S
SLEEP COMPANY™

Snooze e-News!

April 10, 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.

Lack of Sleep Linked to Increased Risk of High Blood Pressure

If you're middle age and sleep five or less hours a night, you may be increasing your risk of developing high blood pressure, according to a study released by Columbia University's Mailman School of Public Health and the College of Physicians and Surgeons, and reported in *Hypertension: Journal of the American Heart Association*. Click here to download the study from the American Heart Association website:

<http://hyper.ahajournals.org/cgi/reprint/01.HYP.0000217362.34748.e0?ijkey=k8N9Dt3hqzf47BJ&keytype=ref>

Researchers Look To The Brain To Explain Gender Differences In Sleep Apnea

A University of Wisconsin research team has theorized that either the caudal raphe or the hypoglossal nucleus -- or both together -- play roles in sleep apnea. The researchers have turned their attention to these two areas of the brain because of the roles they play in controlling the tongue. Diminished tongue control is a major cause of obstructive sleep apnea, a serious condition which strikes men much more frequently than pre-menopausal women, said lead researcher Jessica R. Barker.

Previous research from Behan's lab has found evidence that estrogen plays a role in respiratory control and may provide protection against hypoxia. <http://www.medicalnewstoday.com/medicalnews.php?newsid=40979#>

Report On Sleep Disorders And Sleep Deprivation From The National Heart, Lung, And Blood Institute

The Institute of Medicine (IOM) of the National Academies released a report on the status of academic sleep research and sleep medicine in the United States. The report includes recommendations to improve public awareness and strengthen the field of sleep medicine. "Sleep Disorders and Sleep Deprivation: An Unmet Public Health Problem" represents the culmination of 18 months of work conducted by a 14-member multidisciplinary ad hoc Committee on Sleep Medicine and Research appointed by the IOM.

<http://www.medicalnewstoday.com/medicalnews.php?newsid=41044>

Rozerem™ (ramelteon) Showed Significant Reduction in Time to Fall Asleep

In this placebo-controlled analysis, approximately two-thirds of patients who received 8 mg of ROZEREM experienced at least a 50 percent reduction in the time it took them to fall asleep. Study participants also experienced no rebound insomnia or withdrawal effects following discontinuation of treatment with ROZEREM. Rebound insomnia is the worsening of insomnia symptoms after a person stops taking their insomnia medications.

<http://www.newswise.com/p/articles/view/519337/>

Ease Your Way to Daylight-Saving Time, Experts share tips for springing forward without losing a step.

The body is "wired" with a sleep-wake cycle that advances a bit every 24 hours, Glass explains. "If I put you in a dimly lit cave, where you didn't know what time it was, you would get up 20 to 30 minutes later every day." Daylight reins in this natural tendency because daylight controls melatonin, a hormone made by the brain that helps regulate our sleep cycles.

Click here for Survival Tips <http://www.webmd.com/content/Article/120/113755.htm?printing=true>

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