



AMERICA'S
SLEEP COMPANY™

Snooze e-News!

August 28, 2006

News about the *Snooze!*

This email contains links to articles related to sleep disorders from various websites. Please note, news websites may withdraw their articles at any time and archive it on their site.

To learn more about sleep disorders, visit our website www.sleepservices.net and see videos related to sleep disorders use access code 905208.

Childhood Sleep Apnea Linked to Brain Damage, Lower IQ

In what is believed to be the first study showing neural changes in the brains of children with serious, untreated sleep apnea, Johns Hopkins researchers conclude that children with the disorder appear to suffer damage in two brain structures tied to learning ability.

Writing in the Aug. 22 issue of the global online journal *Public Library of Science Medicine*, the Hopkins investigators say they compared 19 children with severe obstructive sleep apnea (OSA) to 12 children without the disorder. Using a special type of MRI, researchers identified changes to the hippocampus and the right frontal cortex. Next, using IQ tests and other standardized performance tests that measure verbal performance, memory and executive function, researchers were able to link the changes in the two brain structures to deficits in neuropsychological performance.

<http://www.newswise.com/p/articles/view/522785/>

Nightcap Before Bed May Affect Quality Of Sleep

While numerous studies have linked alcohol abuse to sleep disruption, especially in males, there has been little research on alcohol and its effects on sleep in females. Now, a new study shows that a moderate amount of alcohol, taken before bed, can impact the quality of sleep for young women.

"We found that a moderate dose of alcohol consumed by a young woman an hour before bed is associated with increased sleep intensity in the first couple hours of the sleep episode," says author Mary A. Carskadon, PhD, with the Bradley Hospital Sleep and Chronobiology Laboratory and Brown Medical School.

<http://www.medicalnewstoday.com/medicalnews.php?newsid=50199>

CMS Announces 2007 Hospital Payment Rates

The Centers for Medicare and Medicaid Services (CMS) recently released its proposed rule for the 2007 Hospital Outpatient Prospective Payment System (HOPPS). Sleep medicine service rates, otherwise known as Ambulatory Payment Classifications (APC), will see significant increases next year.

0209- Extended EEG Studies and Sleep Studies, Level II

(Includes the technical component of CPT codes 95805, 95807, 95808, 95810 and 95811)

2007 Proposed APC Rate:	\$706.89
2006 APC Rate:	\$671.85
Change 2006 vs. 2007	\$35.04/+5.22%

0213- Extended EEG Studies and Sleep Studies, Level I

(Includes Technical Component of CPT code 95806)

2007 Proposed APC Rate:	\$142.39
2006 APC Rate:	\$133.95
Change 2006 vs. 2007	\$8.44/+6.3%

<http://www.aasmnet.org/Announcement.aspx?AnnouncementID=177>

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