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Snooze e-News!

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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.

Finds 1 in 5 Youth With Diabetes Has Heart Risk

With the epidemic of obesity in the United States leading to a greater incidence of diabetes among youth, a new study highlights why Americans cannot afford to ignore this dangerous trend: One in five youth with diabetes has already developed two or more additional risk factors for premature heart disease. The August issue of *Diabetes Care* also includes new treatment guidelines developed by the American Diabetes Association to help physicians choose the most appropriate therapies for lowering blood glucose levels in people with type 2 diabetes. Study Finds High Level of Heart Risk Factors in Youth Overall roughly 20% of young people with diabetes (92% in those with type 2 and 14% in those with type 1) experience at least two additional cardiovascular disease risk factors, according to a new study sponsored by the Centers for Disease Control and Prevention, and the National Institutes of Health. The study, known as the SEARCH for Diabetes in Youth Study, found that overweight and obesity, high blood pressure and high triglycerides were extremely prevalent among youth with type 2 diabetes and somewhat prevalent among those with type 1 diabetes.

<http://www.docquide.com/news/content.nsf/NewsPrint/852571020057CCF6852571B800478867>

Sleep Deprivation's Effect On Decisions Studied By Researcher

To get answers on sleep questions for the military as well as civilians, for nearly four years Dr. Sean Drummond, a Department of Defense-funded researcher, has studied the effects of sleep deprivation on the brain, namely in decision making, as well as how long it takes to recover from periods of no sleep. The researcher and his team recruited 40 volunteers with good sleep habits who agreed to live in a lab for six days. For their stay, volunteers lived two normal days and nights, stayed awake for 64 hours and then were allowed again to sleep so the team could observe the recovery process.

The researcher found that volunteers' working memory wasn't affected after 36 hours without sleep, not because they were all healthy and had an average age of 24 years, but because other regions of the brain jumped in to help. After 60 hours, though, most volunteers didn't fare as well on their tests as they had at the 36-hour mark. After two and a half days without sleep, their brains could not recruit help.

Drummond's team also found that recovering from 64 hours of sleep loss wasn't as simple as getting a few good nights' rest. "We found on some tasks that people aren't back at the baseline level even after two full nights of sleep, given that they only lost two nights of sleep," he said. "Given the pervasiveness of inadequate sleep in the military and civilian worlds alike, there is clearly a need to understand what this is doing and can it be counteracted."

<http://www.medicalnewstoday.com/medicalnews.php?newsid=49099>

Daily activities and sleep quality in college students

There is growing evidence that social rhythms (e.g., daily activities such as getting into or out of bed, eating, and adhering to a work schedule) have important implications for sleep. The present study used a prospective measure of daily activities to assess the relation between sleep and social rhythms. College students (n=243) 18 to 39 yrs of age, completed the Social Rhythm Metric (SRM) each day for 14 d and then completed the Pittsburgh Sleep Quality Index (PSQI). The sample was divided into groups of good or poor sleepers, according to a PSQI cut-off score of 5 points and was compared on the regularity, frequency, timing, and extent of social engagement during activities. There was a lower frequency and less regularity of social rhythms in poor sleepers relative to good sleepers. Good sleepers engaged more regularly in activities with active social engagement. Results augment the current thought that regulating behavioral zeitgebers may be important in influencing bed and rise times, and suggest that engaging in activities with other people may increase regularity.

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=pubmed&cmd=Retrieve&dopt=AbstractPlus&list_uids=16753946&query_hl=4&itool=pubmed_docsum

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