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Snooze e-News!

August 7, 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.

Jet Lag -- Getting Back in Sync

Jet lag -- it's what happens when you've arrived at your travel destination but your body is out of sync with local time. It can cause irritability, decreased concentration, dizziness, headaches, muscle soreness and gastrointestinal problems such as constipation or diarrhea. Symptoms can be aggravated by stress, lack of sleep, dry air, dehydration and a bumpy airplane ride. The severity of symptoms is related to the number of time zones crossed during a flight. For every one-hour time zone change you undergo, it generally takes a day to fully adjust. While there's no single, proven method for preventing or curing jet lag, the August issue of Mayo Clinic Health Letter offers suggestions that could help:

<http://www.newswise.com/articles/view/522394/?sc=dwhn>

Feeling Sleepy? Don't Have A High Sugar, Low Caffeine Drink - It Could Make Things Worse

An hour after consuming a high sugar, low caffeine drink you will tend to have slower reactions and experience more lapses in concentration than if you had simply drunk a decaffeinated, nil carbohydrate drink.

This was the finding of research performed at the University of Loughborough and published in this month's Human Psychopharmacology: Clinical and Experimental. Ten healthy adults had volunteered to restrict their sleep to 5 hours on the day before participating in the trial. An hour after eating a light lunch they were given either an energy drink (42g sugar + 30mg caffeine) or an identically tasting zero-sugar drink. They then performed a monotonous 90-minute test during the afternoon 'dip' that assessed their sleepiness and ability to concentrate

<http://www.medicalnewstoday.com/medicalnews.php?newsid=47835>

Severe sleep apnea raises risk of ischemic stroke in elderly

Elderly people with severe sleep apnea have more than two times the risk of ischemic stroke than elderly people with no or mild apnea, according to research reported in *Stroke: Journal of the American Heart Association*.

Researchers used data from 394 people, 70 to 100 years old (average age 77, 57 percent male), who participated in the Vitoria Sleep Project in Vitoria, Spain, a small town in northern Spain. The project involved interviewing participants to gather basic information such as height, weight, body mass index, neck circumference and medications for hypertension, diabetes and cholesterol. Researchers then monitored patients' breathing patterns overnight in a sleep study.

Researchers tracked medical events in the patients for six years, registering 20 ischemic strokes.

People who suffered a stroke were more likely to be male and have more severe sleep apnea, researchers found. Patients with severe sleep apnea had a two-and-a-half times greater risk of suffering a stroke during the study than patients with no apnea, mild apnea or moderate apnea, Muñoz said. "Sleep apnea is two to three times more common in the elderly compared to middle-aged people." <http://www.strokeassociation.org/presenter.jhtml?identifier=3041149>

New Drug Helps Elderly With Insomnia

The drug eszopiclone, marketed as Lunesta™, significantly improved sleep in elderly people with chronic insomnia, according to a report by W. Vaughn McCall, M.D., M.S., and six colleagues. "Eszopiclone was well tolerated and significantly improved sleep onset, sleep efficiency, total sleep time and sleep quality over the study period," said McCall, director of the sleep laboratory at Wake Forest University Baptist Medical Center and professor and chairman of the Department of Psychiatry and Behavioral Medicine, in the study published in *Current Medical Research and Opinion*.

<http://www.newswise.com/p/articles/view/522196/>

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