



Snooze e-News!

December 11, 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 click on our educational videos!

Brain Wave Changes in Adolescence Signal Reorganization of the Brain

The study, "The adolescent decline of NREM delta, an indicator of brain maturation, is linked to age and sex but not to pubertal stage," was undertaken by Irwin Feinberg, Lisa M. Higgins, Wong Yu Khaw and Ian G. Campbell, all of the University of California, Davis. The American Physiological Society published the study, which appears in the December issue of the *American Journal of Physiology-Regulatory, Integrative and Comparative Physiology*. During adolescence, the brain reorganizes and eliminates many synaptic connections, a process known as synaptic pruning. This study followed two groups of children over the course of two years: 31 children were nine years old at the beginning of the study. The authors concluded "Longitudinal sleep EEG measurement could also provide a new arena for clinical studies of subjects at high risk of schizophrenia and other neurodevelopmental disorders," the authors noted. The emergence of schizophrenia during adolescence and the dramatic change in delta wave activity during that time might both be related to synaptic pruning, Feinberg said. "It is possible that sleep EEG changes will prove a relatively direct indicator of synaptic pruning,"

<http://www.newswise.com/p/articles/view/525754/>

Obstructive Sleep Apnea Patients With Daytime Sleepiness More Likely To Experience Heart Problems

The study, lead by Joel E. Dimsdale, MD, of the University of California, San Diego, focused on 86 patients with an average age of 47 years. All subjects were suspected of having OSA and submitted to a polysomnogram. Stroke volume and cardiac output were measured using impedance cardiography, while daytime sleepiness was quantified using the Epworth Sleepiness Scale. The results showed that a higher Epworth Sleepiness Scale score, suggesting more daytime sleepiness, was independently associated with decreases in cardiac function.

<http://www.medicalnewstoday.com/medicalnews.php?newsid=58444>

AASM Position Statement: Treating Insomnia With Over-the-Counter Sleep Aids, Herbal Supplements

Sufficient evidence does not exist to support over-the-counter (OTC) sleep aids as an effective treatment for insomnia. OTC sleep aids that contain antihistamine may provide modest, short-term benefits for adults with mild cases of insomnia. It is important to be aware, however, that the use of antihistamines may produce a variety of side effects.

There is only limited scientific evidence to show that herbal supplements are effective sleep aids. Because these products may be marketed and sold without FDA approval and may involve dangerous side effects or adverse drug interactions, they should be taken only if approved by a physician.

<http://www.docguide.com/news/content.nsf/news/852571020057CCF68525723E00565B81?>

[OpenDocument&id=91630927A614FC59852570CE0053FB7F&c=Sleep%20Disorders&count=10](http://www.docguide.com/news/content.nsf/news/852571020057CCF68525723E00565B81?OpenDocument&id=91630927A614FC59852570CE0053FB7F&c=Sleep%20Disorders&count=10)

Behavioral Education Intervention May Improve the Sleep of New Mothers and Their Babies

Following the birth of a baby, it is common for new mothers to awaken to the sound of their baby's cry several times a night. Constantly getting out of bed to tend to their baby's needs causes a disruption in the mother's sleep, which may affect her physical and emotional well-being the next day. However, a study published in the December 1st issue of the journal *SLEEP* states that a behavioral-educational intervention may bring some much-needed relief to both mother and baby.

The study, conducted by Robyn Stremmler, RN, PhD, and colleagues at the University of Toronto in Toronto, Ontario, Canada, focused on 30 first-time mothers and their infants, who were randomly assigned to sleep intervention or a control group. The results showed that the mothers in the sleep intervention group averaged 57 minutes more nighttime sleep and, as compared with the mothers in the control group, fewer rated their sleep as a problem. In addition, infants in the sleep intervention group had fewer nighttime awakenings and had maximum lengths of nighttime sleep that were, on average, 46 minutes longer than those in the control group. <http://www.medicalnewstoday.com/medicalnews.php?newsid=58073>