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SLEEP COMPANY™

## Snooze e-News!

December 4, 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](http://www.sleepservices.net) and click on our educational videos!

#### **sanofi-aventis gets paediatric exclusivity for Ambien**

sanofi-aventis is the world's third largest pharmaceutical company, has announced that the US Food and Drug Administration (FDA) have granted pediatric exclusivity for Ambien (zolpidem tartrate) and Ambien CR (zolpidem tartrate extended-release). The decision was based on paediatric data submitted to the FDA, including results of a study in the paediatric population conducted following a written request from the FDA in December 2005.

<http://www.pharmabiz.com/article/detnews.asp?articleid=36339&sectionid=&z=y>

#### **Lighting Research Center to Form Collaborative Group of Circadian Researchers Worldwide**

The Lighting Research Center at Rensselaer Polytechnic Institute is forming a collaborative group of researchers from around the world to collect data in different lighting applications using a special light measuring device called the Daysimeter. The group will be made up of manufacturers, scientists, and physicians. The group will measure circadian light exposure with the Daysimeter, a field research tool developed by the LRC. The Daysimeter is the first device to characterize light accurately by measuring spectrally weighted intensity, as well as timing and duration, of circadian light entering the eye, which affects the human body's clock. Lightweight and easy to wear, the device also measures conventional light levels and records head movements in order to differentiate between rest/sleep periods and active/awake periods.

Interested parties can contact Patricia Rizzo at 518-687-7100 or [rizzop2@rpi.edu](mailto:rizzop2@rpi.edu).

<http://www.newswise.com/p/articles/view/525641/>

#### **Bedwetters Have More Sodium, Urea and Prostaglandin in Nighttime Urine**

Children with a form of bedwetting that does not respond to a common medication have more sodium and urea in their nighttime urine, possibly because of an imbalance of prostaglandin, a hormone-like substance, a new study has found.

The finding helps physiologists understand why about 30% of children who suffer from bedwetting (nocturnal enuresis) do not respond to desmopressin, a drug that successfully treats the other 70%. The findings, made by Danish medical doctors who treat enuresis, could help lead to better treatment for these children. The researchers found that the urine of the polyuric children who wet their beds during the experiment contained more: sodium, urea, and prostaglandin.

Interestingly, the children who wet the bed did not excrete a greater volume of water: It was the sodium and urea content that made the difference. Sodium and urea excretion was much higher among children who wet the bed, and these substances expand the volume of urine in the bladder, leading to enuresis. The researchers have begun treating children who do not respond to desmopressin with indomethacin, a prostaglandin inhibitor. Those trials, which include a placebo, are expected to be completed within a year, Rittig said. <http://www.newswise.com/articles/view/525601/?sc=dwhn>

#### **Recovering Alcoholics With Poor Sleep Perceptions Will Likely Relapse**

Alcohol can initially have sleep-inducing effects among non-alcoholics, but once drinking becomes chronic, alcohol's effects on sleep become much more negative in nature. New findings indicate that individuals in early recovery from alcoholism who have inaccurate sleep perceptions are more likely to return to drinking. Results are published in the December issue of *Alcoholism: Clinical & Experimental Research*. "The usual perception of alcohol's effects on sleep in nonalcoholics is that it helps sleep," explained Deirdre A. Conroy, the corresponding author who conducted the research while a postdoctoral fellow at the University of Michigan. "In truth, alcohol may help people fall asleep but it usually leads to poor quality sleep in the second half of the night and overall less deep sleep. As people drink more regularly across nights to fall asleep, they become tolerant to the sedating effects of alcohol and subsequently use more alcohol each night to help fall asleep. This escalation in drinking can lead to alcoholism."

<http://www.medicalnewstoday.com/medicalnews.php?newsid=57644>

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