



## Snooze e-News!

February 19, 2007

News about the *Snooze!* To learn more about sleep disorders, visit our website [www.sleepservices.net](http://www.sleepservices.net) and click on our educational videos!

### Free Register Now Online for NSF's Scientific Workshop on Women and Sleep!

[Online registration](#) is now available for NSF's Scientific Workshop on Women and Sleep, held during National Sleep Awareness Week® 2007 on March 5th and 6th in Washington, DC. Event is free, registration is required.



### The Stealthy Killers- Sleep Summit To Tackle Diabetes-snoring Link

Twenty of the world's leading diabetes and sleep medicine experts meet at a summit in Sydney today warning of the deadly combination of type 2 diabetes and sleep disorders. The summit is the first high-level international meeting to focus on the association between diabetes and sleep. Delegates will evaluate the latest research and develop a consensus statement that will contribute to world health policy on diabetes, improve care for people with diabetes and sleep disorders and recommend future research directions. "People with type 2 diabetes should consider they may have, or be at risk of sleep apnea," he said. "It is likely that more than half of the people with type 2 diabetes suffer from some form of sleep disordered breathing and up to a third have OSA at a level where treatment would be recommended".

<http://www.medicalnewstoday.com/medicalnews.php?newsid=63308>



### Siestas Associated With Reduced Risk Of Heart-Related Death

Some evidence suggests that in countries where siestas are common, rates of death from heart disease tend to be lower. However, the few studies that have assessed the potential relationship have not controlled for other factors that may influence heart disease risk, such as physical activity and age, according to background information in the article. Among working men, those who took midday naps either occasionally or systematically had a 64 percent lower risk of death from heart disease during the study than those who did not nap, while non-working men who napped had a 36 percent reduction in risk. <http://www.medicalnewstoday.com/medicalnews.php?newsid=62915>



### Researchers Publish First Working Model That Explains How Biological Clocks Work

Science has known for decades that biological clocks govern the behavior of everything from humans to lowly bread mold. These ticking timekeepers hold the key to many diseases, annoy passengers on intercontinental flights and can mean life or death for small creatures trying to survive in nature. The UGA team discovered how three genes in *Neurospora crassa* - bread mold - make such a clock tick at the molecular level. The paper in *PNAS* describes how to identify genetic networks and show how the tools of systems biology can yield insights into what makes the clock tick. A number of human diseases are associated with genes under control of the biological clock. For instance, a gene called PAI-1 is involved with early-morning heart attacks. Another gene called DBP affects sleep cycles. Both are controlled by clock

genes. <http://www.medicalnewstoday.com/medicalnews.php?newsid=62904>

### Plasma Aldosterone Is Related to Severity of Obstructive Sleep Apnea in Subjects With Resistant Hypertension\*

Obstructive sleep apnea (OSA) and primary aldosteronism are common in subjects with resistant hypertension; it is unknown, however, if the two disorders are causally related. This study relates plasma aldosterone and renin levels to OSA severity in subjects with resistant hypertension, and in those with equally severe OSA but without resistant hypertension serving as control subjects. Conclusion: OSA is extremely common in subjects with resistant hypertension. A significant correlation between PAC and OSA severity is observed in subjects with resistant hypertension but not in control subjects. While cause and effect cannot be inferred, the data suggest that aldosterone excess may contribute to OSA severity. <http://www.chestjournal.org/cgi/content/abstract/131/2/453>

Learn more about the pathway of Aldosterone: <http://en.wikipedia.org/wiki/Aldosterone>

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