



AMERICA'S
SLEEP COMPANY™

Snooze e-News!

February 5, 2007

News about the *Snooze!* To learn more about sleep disorders, visit our website www.sleepservices.net and click on our educational videos!

Are you Ready to Take NSF's Great American Sleep Challenge™?

NSF's Great American Sleep Challenge™ is an interactive, online initiative to help Americans learn about and practice healthy sleep habits – and it begins on February 5th. The Sleep Challenge makes it easy and fun for you – and everyone you know – to make a commitment to getting healthy sleep. During the week of your choice, you'll be given all the tools you need to set and achieve your sleep goals. And just by signing up to take the Sleep Challenge, you will be entered to win fantastic prizes offered by the Sleep Challenge corporate supporters, [Tempur-Pedic](#) and [Wamsutta](#). Click [here](#) learn more about the Sleep Challenge and don't forget to sign up to participate at www.sleepfoundation.org/challenge.

Take Fatigue Seriously Says Researcher

Failing to understand the distinctions between tiredness, fatigue and exhaustion could result in the use of inappropriate interventions that inadvertently promote fatigue and exhaustion. Olson has some evidence that while exercise appears to help those who are tired, it may decrease the ability to adapt in individuals experiencing fatigue and exhaustion. Long-term use of caffeine and other stimulants should also be avoided by people experiencing fatigue and exhaustion, as these substances “fool” the body into thinking it has more energy available than it really does.

“The important thing is to try to prevent or at least delay the progression from tiredness to fatigue and then from fatigue to exhaustion,” said Olson. “We are starting to work on some interventions that we think may be helpful. In the meantime, families and friends can help by recognizing changes consistent with fatigue and exhaustion and look for ways to help minimize stress.” <http://www.newswise.com/articles/view/526966/?sc=dwhn>

2007 Kids E.N.T. Health Campaign Includes Behavior Disorders Associated with Sleep

Sponsored by the American Academy of Otolaryngology—Head and Neck Surgery. New campaign information is available online at <http://www.entnet.org/kidsent/>. Joining the comprehensive Internet library of pediatric ear, nose, and throat health information are this year's four areas of concern Academy members feel they can make information available to the public. The following fact sheets are available to the public and may be downloaded at any time: <http://www.newswise.com/p/articles/view/526982/>

1. Secondhand Smoke
http://www.entnet.org/KidsENT/upload/KidsENT_2ndHandSmoke.pdf
2. Behavior Disorders Associated with Children Experiencing Sleep Disorders
http://www.entnet.org/KidsENT/upload/KidsENT_Sleep%20Apnea.pdf
3. Immunization for Children Receiving Cochlear Implantation
http://www.entnet.org/KidsENT/upload/KidsENT_Cochlear.pdf
4. The Necessity for Early Intervention in Hearing to Optimize Hearing Health
http://www.entnet.org/KidsENT/upload/KidsENT_HearingScreening.pdf

Register Now for NSF's Scientific Workshop on Women and Sleep

NSF's Scientific Workshop on Women and Sleep will be held March 5-6, 2007 at the [J.W. Marriott Hotel](#) in Washington, DC. For more information about the Workshop, click [here](#) and to register, contact Jessica Steinitz at jsteinitz@sleepfoundation.org or (202) 347-3471, ext. 209.

“Snooze e-News” is provided to you by Sleep Services of America, Inc. for informational purposes only. To have your name removed from this email list, please notify Tammany Buckwalter at buckwalter@sleepservices.net 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 ar-