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## Snooze e-News!

July 10, 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.

#### **A Surprise about Our Body Clock**

The first gene known to control the internal clock of humans and other mammals works much differently than previously believed, according to a study by Utah and Michigan researchers.

The surprising discovery means scientists must change their approach to designing new drugs to treat jet lag, insomnia, some forms of depression, sleep problems in shift workers and other circadian rhythm disorders, according to researchers at the University of Utah's Huntsman Cancer Institute and the University of Michigan, Ann Arbor. The new study involved the collaboration between University of Michigan mathematician Daniel Forger, Ph.D., assistant professor of mathematics, who had developed a computer simulation of the biological clock, and Virshup, who had previously done research on CK1's effect on circadian rhythm and its role in cancer development. Disruption of circadian rhythms has been linked to cancer and diabetes as well as depression and sleep disorders. <http://www.newswise.com/articles/view/521567/>

#### **New study shows people sleep even less than they think: Whites, women and wealthy sleep longer, better**

A study of the sleep characteristics of 669 middle-aged adults found that people sleep much less than they should, and even less than they think. Published in the July issue in the *American Journal of Epidemiology*, the study also found that blacks sleep less than whites, men sleep less than women, and the poor sleep less than the wealthy.

Although participants spent an average of 7.5 hour a night in bed, they spent only 6.1 hours asleep. White women slept the most, 6.7 hours a night, followed by white men at 6.1 hours, black women at 5.9 hours and black men at 5.1 hours. Higher income also was associated with more sleep.

This study may someday connect sleep loss to coronary artery disease. The 669 volunteers, aged 38 to 50, were recruited from the Chicago site (based at Northwestern University) of the CARDIA study, an ongoing project, begun in 1985, designed to assess long-term cardiovascular risk factors. <http://www.uchospitals.edu/news/2006/20060703-sleep.html>

#### **Commonly Recommended Sedative Does Not Improve Infant Sleep**

Between 20 and 46 percent of parents have reported that their infants have trouble sleeping, according to background information in the article. Some parents let their children cry for extended periods at night--this method, known as crying out, is popular but controversial among parents and health care professionals. Another commonly used method is to give children medications--such as antihistamines, normally used to treat allergies--to sedate them at bedtime. Diphenhydramine hydrochloride, sold as Benadryl, is often used by parents and recommended by physicians despite the fact that it has not been studied in children younger than age 2 years.

Dan Merenstein, M.D., then at The Johns Hopkins School of Medicine, Baltimore, and now at Georgetown University, Washington, D.C., and colleagues conducted a trial of diphenhydramine in 44 children ages 6 to 15 months who slept in cribs. There was no difference between the two groups in parents' reports of how happy they were with their children's sleep at any point during the study. On June 6, 2005, the trial was stopped because of the apparent lack of effectiveness of diphenhydramine.

<http://www.medicalnewstoday.com/medicalnews.php?newsid=46533>

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