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Snooze e-News!

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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.

Sleep Strengthens Memories And Makes Them Resistant To Interfering Information

Researchers have uncovered new evidence that sleep improves the brain's ability to remember information. Their findings demonstrate that memories of recently learned word pairs are improved if sleep intervenes between learning and testing and that this benefit is most pronounced when memory is challenged by competing information. The findings are reported in the July 12th issue of *Current Biology* by Jeffrey Ellenbogen, of Harvard Medical School, and his colleagues. In the new work, the researchers studied the influence of sleep on declarative memory in healthy, college-aged adults. The results demonstrated a robust effect: Compared to participants who did not sleep during the trials, those who slept between learning and testing were able to recall more of the original words they had learned earlier. The beneficial influence of sleep was particularly marked when participants were presented with the challenge of "interference"—competing word-pair information—just prior to testing. <http://www.medicalnewstoday.com/medicalnews.php?newsid=46973>

Controlled withdrawal of pramipexole after 6 months of open-label treatment in patients with restless legs syndrome.

Although dopamine agonists are becoming first-line therapy for restless legs syndrome (RLS), few reports describe treatment periods exceeding 12 weeks. Here, 150 RLS patients who had responded to pramipexole during a 6-month run-in period (mean dose, 0.50 mg) were randomly assigned to receive placebo or continue receiving pramipexole at an individually optimized dose of 0.125 to 0.75 mg/day for a further 3 months. Patients switched to placebo reached the primary endpoint (a predefined worsening on both the Clinical Global Impressions-Global Improvement scale and the International RLS Study Group Rating Scale) significantly more often than patients who continued to receive pramipexole (85.5% vs. 20.5%; $P < 0.0001$). They also reached the primary endpoint faster, in 5 versus 42 days to a Kaplan-Meier survival estimate of 0.85 and 7 versus > 84 days to an estimate of 0.5. Over the total 9 months, clinician and patient ratings of symptoms, sleep, and quality of life identified no decline in pramipexole's benefit or tolerability. The great majority of adverse events (AEs) were mild or moderate, and of expected types. Augmentation was considered an AE, but in this population of responders it did not occur. (c) 2006 Movement Disorder Society.

[http://www.docguide.com/news/content.nsf/PaperFrameSet?](http://www.docguide.com/news/content.nsf/PaperFrameSet?OpenForm&newsid=852571020057CCF6852571870027571B&topabstract=1&u=http://www.ncbi.nlm.nih.gov/entrez/)

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Sleep Deprivation Doubles Risks Of Obesity In Both Children And Adults

Research by Warwick Medical School at the University of Warwick has found that sleep deprivation is associated with an almost a two-fold increased risk of being obese for both children and adults. The research reviewed current evidence in over 28,000 children and 15,000 adults. For both groups Professor Cappuccio found that shorter sleep duration is associated with almost a two-fold increased risk of being obese. The research also suggests that those who sleep less have a greater increase in body mass index and waist circumference over time and a greater chance of becoming obese over time.

<http://www.medicalnewstoday.com/medicalnews.php?newsid=47134>

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