



AMERICA'S
SLEEP COMPANY™

Snooze e-News!

July 24, 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.

Sleep Disorders Linked To Brain Imbalance

The first tantalizing clues that chemical imbalances in the brain maybe partly to blame for certain life-disrupting sleep disorders are being reported in two new studies by University of Michigan Health System researchers. A Memphis-based company, however, says it has a new pill called Diavad that will put those with sleep problems to bed. In an issue of the journal *Neurology*, the team reports apparent links between deficits in brain chemistry and obstructive sleep apnea (OSA) and REM sleep behavior disorder (RBD). Both are relatively common sleep problems that disturb the slumber- and daytime behavior of millions of Americans. The new findings were made using two types of neurochemical brain scans and detailed sleep studies in 13 patients with multiple system atrophy (MSA), a rare and fatal degenerative neurological disease almost always accompanied by severe sleep disorders. Their results from the MSA patients, who all had both sleep apnea and REM behavior disorder, were very different from those of 27 healthy control subjects. Diavad, manufactured by Selmedica Healthcare, allows your body to achieve balance and permits you to maintain a normal, healthy sleep pattern, a company spokesman said. "Diavad does not cause you to fall asleep, instead it restores your body's own crucial chemical and hormonal balance which re-establishes a more natural and healthier sleep pattern," the spokesman said. <http://www.prweb.com/releases/2006/07/prweb408810.htm>

Lack of Sleep Impairs Job Satisfaction, Especially for Women

As America becomes a nation of caffeinated insomniacs, a new University of Florida study shows lack of sleep not only makes people tired and cranky but also causes them to dislike and even hate their jobs the next morning. The effects were most pronounced in women, who reported suffering more fatigue and hostility and being less attentive and happy than their male counterparts, said Scott, whose study is scheduled to be published in the October issue of the *Journal of Management*. "Employees reported higher rates of job satisfaction if they had slept soundly the night before and lower levels if they had experienced insomnia, he said.

Employers contribute to the problem by making more demands, Scott said. "With employers trying to squeeze every last bit of productivity out of employees and having them work extended hours, a 40-hour week is basically nonexistent anymore in some occupations," he said. By not doing anything, businesses risk more frequent turnover if their employees are not content in the workplace, Scott said. "We know from other research that people who are dissatisfied with their jobs leave organizations at higher rates than those who are happy and committed to their jobs," he said. <http://www.newswise.com/articles/view/522077/>

Medical Causes of Disturbed Sleep in Psychiatric Patients

Difficulties with sleep, including insomnia, provide an opportunity for mental health professionals to venture outside the realms of their respective disciplines. Sleep-related complaints are highly prevalent in our patient populations. These complaints are often presumed to be secondary to coexisting psychiatric disorders. Less appreciated, however, is the potential role of comorbid, and often subtle, medical and neurologic disorders in the genesis of these complaints. The purpose of this article is to help practicing psychiatrists look "outside the box" when a patient reports insomnia. <http://www.psychiatrytimes.com/article/print.jhtml;jsessionid=0HAA55FK4YXAAQSNLPSKHSCJUNN2JVN?articleID=190900646>

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